

How to Save Money by Auto-Suggestion

SUGGESTION

The New Psychology Magazine

FOR THINKERS

October

10c

1905

Herbert A. Parkyn,
M. D., Editor, 4020
Drexel Boulevard,
Chicago.

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No. 4

How to Save Money by Auto-Suggestion

By HERBERT A. PARKYN, M.D., Medical Superintendent
Chicago School of Psychology, 4020 Drexel Blvd., Chicago.

I RECEIVED a letter from a young man, twenty-three years of age, asking what line of auto-suggestion he should follow to keep himself from spending money. He said he had been unable to save even a dollar, although he had been working since his seventeenth year, and had always drawn a good salary. Within a few days after receiving his month's salary it would all be spent with very little to show for his money. He claimed he neither drank nor gambled, but felt that he must spend his money, and often found himself returning home with something absolutely worthless to him, although at the time he bought it he felt compelled to make the purchase.

Of course, it would be possible for my correspondent to have a guardian for his funds appointed, but it seems to me this would be humiliating, and would not overcome the trouble in the man himself. Relief of this nature would be like imprisoning a patient with an alcoholic or morphine or other drug habit so he could not have access to his drug. A patient may be forced to do without his drug for a while, but this does not constitute a cure by any means. The only true cure for a drug habitue is to get him to voluntarily stop taking his drug even while carrying the drug in his pocket. This is the method I have successfully adopted in hundreds of cases, and I find patients treated in this way seldom relapse, for I build

up their will power and self-control, not merely so they are able to withstand the desire for the drug to which they are addicted, but so that they are strong enough to overcome injurious inclinations and desires of every kind. In fact, I endeavor to develop the principle of self-control in a patient rather than merely to give him sufficient strength to resist his desire for the drug.

SELF-CONTROL.

I am satisfied my correspondent can cure himself of his money-spending habit by developing the principle of self-control through auto-suggestion, and he will then have not only sufficient will power to save his money, but will-power that will stand him in good stead in every walk of life where will power and determination are required.

In developing will-power or any other mental trait there must be a singleness of purpose, and this singleness of purpose should be associated with almost every conscious act.

For instance, a man who dresses himself in the morning carelessly or automatically should resolve to take a cold bath on arising and then dress himself deliberately and neatly, but quickly. As he takes the cold bath he should say to himself, "This bath is taken to give me health and strength and to increase my self-control." While dressing he should say to himself, "I have given myself ten minutes in which to dress, and I am determined to be dressed on time. I shall apply myself earnestly to the work I have in hand, and will dress neatly. I am forcing myself to dress in this way in order to increase my self-control. I intend to be a strong, determined man today, and to exhibit my will power at every turn."

A man who eats hurriedly or perfunctorily should force himself to eat slowly and deliberately, and while he is masticating his food thoroughly he can say to himself, "I am eating slowly and deliberately to show that I have absolute control over all my actions. I am master of myself and my inclinations. I have will power and determination, and I will show by every action today that I have strong will power."

Instead of drinking a large glassful of water at one time, a man can force himself to take only a sip at a time. When one is thirsty the inclination is to drink water quickly; consequently, when one forces oneself to take only a sip at a time, one is using self-control. The sipping makes an opportunity for an auto-suggestion like this: "I am sipping this slowly to show my self-con-

trol. I am practicing self-denial to increase my will power. I will use my will power and control myself under all conditions."

PRACTICE SELF-DENIAL.

At every opportunity self-denial should be practiced. Inclinations should be voluntarily curbed and disinclinations should be forced. This is not an easy matter at first, but, with the singleness of purpose in mind, each victory makes the next one easier, and the thought, "I desire to increase my will power," being constantly in mind gives an incentive to practice self-denial. Voluntary self-denial increases will power, and increased will power makes greater self-denial possible.

It is easier to sit than to stand while riding on a street car; consequently if a man force himself to stand with the thought in mind, "I am denying myself comfort for the purpose of increasing my will power," his will power surely increases. If he has been in the habit of putting off disagreeable or difficult tasks, and makes a resolution that hereafter he will perform the burdensome tasks first, and then plunges into these tasks at once with the thought in mind "I am forcing myself to do this to increase my will power, and will do it as well as I can," his will power and self-control actually increase and he will feel repaid, also, by the feeling that he has done whatever his hand found to do, and done it with all his might.

A man who avoids exercise because it would require an effort on his part should arrange to exercise regularly every day, and the exercise should be taken with this thought in mind: "I am making myself take this exercise to increase my will power."

A man who is fond of eating heartily should compel himself to eat less, with the thought in mind that he is giving himself a lesson in self-control.

These are only a few illustrations of the hundred and one things that can be associated with a singleness of purpose and practiced by a man who really desires to develop will power and self-control.

If my correspondent will start each day with the single purpose in his mind of developing will power and self-control, and will associate his singleness of purpose during the day with all his acts, as I have suggested, he will surely develop

THE PRINCIPLE OF SELF-CONTROL,

and with this principle developed he will have no trouble in denying himself and saving his money.

A man can attain anything reasonable or accomplish anything reasonable, provided he sets out on his quest with a singleness of purpose and keeps the singleness of purpose ever before him.

He may meet with occasional rebuffs and failures, but persistence in his purpose will sooner or later crown his efforts with success. In fact, the great secret of success lies in singleness of purpose, for it becomes a powerful, ever-present auto-suggestion, and influences every thought and in consequence every action.

Do It Now

By FRANK CARROLL, Editor "Daily Telegraph," Quebec, Ont.

Written for SUGGESTION.

When you've got a job to do,
And it seems so big to you.
That your mind is in a stew—
Do it now.

It may not agree with you,
But it's better now to do
That little thing you're got in view—
Do it now.

You may find that it's too late,
You may never know your fate,
You may simply have to wait—
Do it now.

When you're waiting you may think
You're the very missing link
Of your fate upon the brink—
Do it now.

If you do not have a fall,
You will surely rue it all,
That your thoughts did not recall—
Do it now.

A thought to engrave on your mind:—every moment that passes is irrecoverably lost forever. Do It Now.—F. E. Burrow.

Telepathic Theory of Ghosts

By THOS. H. WATSON, Chicago, Ill.

Written for SUGGESTION.

THAT deep research into the phenomena of "ghosts" will some day be undertaken by the government, we have every reason to believe. Scientific psychological research is becoming more apparent every day. But would it not be more logical to search for this phenomena in the broad path of psychology, rather than in the dimly lighted corridors of mysticism?

Our bodies are permeated with a subtle influence emanating from the mind, and which, for lack of a better name, we call human electricity, which is capable of a high state of perfection. We all exert over the minds of others an involuntary influence, either attractive or repulsive, and do what we may, this power is always present. Now suppose two persons seated in a room, reading, or otherwise engaged. One person looks at the other and wills determinedly that his look shall be returned, which in nearly all cases happens. Here is a case of one person concentrating his mind on that mental power, and causing the subjective mind of the other to respond to his command.

I hypnotize a subject and make this suggestion to him: "When you open your eyes you will see the most beautiful picture imaginable. It will be your ideal of beauty." Giving the subject time to receive the suggestion I command him thus: "Now, then, open your eyes and see the beautiful picture I have prepared for you." The subject upon opening his eyes is enraptured with the beauties of the picture I have caused him to believe he sees. There is no picture, but the synchronizing of his subjective mind with my objective mind creates the hallucination. It is the same with the production of ghostly apparitions.

In the case of the anonymous writer in SUGGESTION for July, the effect is the same. His friend leaving him makes the affirmative suggestion: "If either of us should die the last thought is to be a message to the other." The message was sent and received but not in a visual form. They had caused their minds to synchronize on that one subject, and when the end came the objective mind of the injured diffused that impression which was received by the subjective mind of the writer of that article. Others may have been affected by that message as I will explain later.

To make the subject clearer, I will use wireless telegraphy

as a simile. In receiving wireless messages the receiving instrument has to be attuned to the impulses of the transmitter before a message can be intelligently received. An instrument that is not in synchronism may occasionally receive a few of the impulses sent out by an instrument adjusted for a different wave length. These fragmentary messages cause the operator at that end of the line to know there is a message being sent, but to whom he knows not. Neither does he know the import of that message. So now for a telepathic theory of ghosts.

Our minds being made up of an all pervading force are capable of transmitting messages when properly energized. In the case of a person being murdered who has intellect sufficient to understand this divine gift, his thoughts are first of defense, but when he sees that death is inevitable his subjective mind sends out an appeal for aid, or, if it be too late, a message of revenge. The murdered man may be one whose mind was attuned to the subjective mind of some other person. Then the impulses come clear and distinct, and should the person receiving this message give thought and culture to the impulse, much might be done towards locating the murderer.

How often we hear people say: "I know something is going to happen, I had such a strange feeling." Now we may attribute this to two causes. Either something did happen to a person who in his last hours concentrated his thoughts upon some one thing and the impulses were but imperfectly received. Or, that some person telepathically connected with another was planning some attack or act of violence and his thoughts being so concentrated upon his desires that impulses to that effect are involuntarily transmitted to the object of his thoughts. Sometimes when two persons meet this thought may come to one: "That is the person I can rule," while over the other comes a feeling of disgust or hatred, showing the action of the two minds. But showing also how the voluntary mind comes to the rescue of the involuntary mind and overcomes the involuntary impulses, or for the time being disrupts the synchronism existing between them.

Imperfect messages of murder or crime may be transmitted, and received by persons who cannot wholly interpret them, but constantly have a feeling of dread connecting them with the surroundings of the crime. The removal or destruction of the scene removes from the mind the visual picture of the crime and gives the voluntary mind more power to overcome the prejudices of the involuntary mind.

In the case of family separation or estrangement, how often we hear of messages being received by one or the other of the parties involved, of the death or sickness of the other. It is merely a concentration of thought that is transmitted and received by the other whose mind has become synchronized by constant thought of the happiness lost, and suffering caused by the separation. Continued as it were by pride, which will not permit a reconciliation until, when the hour of death comes, our earthly differences are swallowed up in the glorious thoughts of our mighty God to whom we then commend our soul. Then is it that the power of thought transference reaches its climax and sends those once beloved, thoughts of pardon and new-born love. The impulses transmitted may not be strong, and the idea of death or accident is alone received.

How often when near a person who uses perfume the odor recalls scenes of childhood days. The place in the woods where we were wont to gather flowers is pictured strongly in our subjective mind through the sense of smell. But surely the perfume is not the ghost of the flowers.

All inventors and discoverers are obliged to use the imagination. They set their inventions as ideals and images long before they are able to put them into practice. Each image is so luminous that it encourages them to persevere in spite of ridicule and repeated failure and at length success comes.—James. Freeman Clarke.

THE WORLD'S NEED

BY ELLA WHEELER WILCOX

SO many gods, so many creeds,
So many paths that wind and wind,
While just the act of being kind
Is all the sad world needs.

The Practice of Medicine

By a REFORMED DOCTOR.

WHEN I began to practice medicine, like most other young doctors, I overestimated the importance of drugs. I regarded drugs as my chief weapon to combat disease. I had thoroughly equipped myself in physical diagnosis and materia medica and I made a very heroic attempt to reduce my practice of medicine to a rational basis. I tried to have a reason for every prescription I gave and a knowledge of every disease I treated. I was familiar with the materia medica according to the homeopathic and allopathic schools.

When called to treat a case. I confronted it as a problem to be solved. Having determined upon the nature of the disease, I then undertook to prescribe a remedy that in some rational way was indicated. This attitude toward my profession produced in me a very serious state of mind.

I was making a futile but heroic attempt to solve the problem presented by disease and drug remedies. I was trying to find some coherency between pathology and materia medica. How the people lived where I visited, what their sanitary surroundings were, what sort of social life they were leading, whether they were cultured or ignorant, whether they were rich or poor, whether they were able to pay their bills or not—none of these things had the slightest impression on me.

I set no value on the potency of cheerful words. Funny anecdotes constituted no part of my treatment. To swap stories with the farmer, to listen to the domestic troubles of some overburdened housewife, to make friends with the dog or get acquainted with the hired man—this was something absolutely foreign to my conduct.

I felt sure that somehow or other, if I were only wise enough, the drugs which I carried in my medicine case could be adjusted to the diseases which I found in the homes in such a way that my patients would be healed. I tried very hard to accomplish it. It took a great many disappointments before I became discouraged and afterward gave it up in despair.

If I could be carried back to those scenes again, how differently I would meet those same problems. I would, of course, try to find out, if possible, the nature of each patient's difficulty, but

having diagnosed my case I would meet it with a far different selection of remedies.

In the first place, I would put my best personality into everything I did. I would become acquainted with my patients and their surroundings. I would speak words of cheer, and try if possible to make my visit an inspiration. Instead of the solemn, brown study I would give heed to the details of the life that surrounded me, relying upon suggestion and personal influence in a large measure. When I gave drugs, which I should occasionally, without a doubt, they should be given with a definite purpose, and continued only so long as necessity compelled.

Many a doctor, like myself, is pushing to the foreground his drugs, and holding in the background his own personality, thus exactly reversing the true function of the physician.

It is the physician himself, more than the drugs, that cures disease. The physician should be what he ought to be. He should be, in the eyes of his patients, a good man, a man who lives correctly himself, who is thoroughly conscientious in all of his conduct. In addition to this, he should be thoroughly sympathetic with his patients, giving heed to every little detail that affects the patient's welfare. After all this, then the drugs may, and sometimes do, take a minor part in the cure of the patient.—Medical Talk.

We must serve the world, not like the hand craftsman for a stipend accurately representing the work done, but as those who deal with infinite values and confer benefits as freely and nobly as does nature.—Edward Everett Hale.

Once make up your mind never to stand waiting and hesitating when your conscience tells you what you ought to do, and you have the key to every blessing that a sinner can reasonably hope for.—Keble.

One might as well expect to thrive physically while his portion of food is being eaten by others, as to expect mental development and not do his own thinking.—H. C. Morse.

Nature has given us two ears and but one mouth. Why do we not profit by her example?—Macready.

How to Keep Your Brain From Freezing

NEW YORK SUNDAY AMERICAN AND JOURNAL, BY SPECIAL PERMISSION
OF W. R. HEARST.

THE city officials of some of our great cities, sorry for the citizens with bursting water pipes and big plumbers' bills, sent out wholesale advice entitled, "How to keep your plumbing from freezing."

Said New York City's water authorities:

"Keep the water running a little. Don't let the stream of water stop in the pipes entirely. Keep up a current by leaving the taps slightly open. Pipes will not freeze as long as there is even the slightest current in them."

Remember that advice.

It is good advice for your plumbing. It is even better advice
FOR YOUR BRAIN.

A majority of human beings are active mentally **IN VERY EARLY YOUTH.**

School life compels mental activity of a certain kind—the stream of thought is running.

Then come life's experiences, all new—the boy's excitement in games, the young man's interest in his affections and in marriage, the young father's interest in his children. In addition there is usually a fairly strong current of ambition. Each young man hopes to do something, to be something. That keeps his mental current going for a longer or shorter period.

Unfortunately, ambition usually takes the form of waiting for honors to come to us—instead of going after them.

Mental activity slackens gradually, but surely. Life gets monotonous, **BECAUSE WE STOP THINKING AND STUDYING.**

Slowly, year by year, the mental processes get weaker and slower. Finally there is no thought current at all, and freezing follows.

The frozen mind, in which there is no thought current, is as useless, as dead practically, as the frozen water pipe. It is of no use to itself or to others.

In the right kind of man this freezing and stagnation only come with actual physical death. To a great majority of us death of the mind's original activities arrives at an early age, at fifty, or even much earlier.

Matthew Arnold, an able citizen and a thinker all his life, said,

in speaking of the mind: "Always keep the stream (of thought) running."

And that advice should be taken to heart by every man that reads this.

The way to keep the current of your brain moving, the way to keep **MENTALLY ALIVE**, is to keep on **ALWAYS LEARNING SOMETHING**.

Read, study. When you hear of a sound book—beware of new ones—get that book, and **THINK YOUR WAY THROUGH IT**.

Read regularly, read little and read carefully—no more than you can comfortably digest.

The page of a book that arouses no active thought is wasted. It is as though you should swallow waste paper instead of bread.

Your food is wasted—and worse than wasted—if it fails to build up new blood and new tissue.

The food that you give your mind is worse than wasted if it fails to build up new thought, new thinking power, **NEW AMBITION** to know more.

How is it with you who read this tonight?

Is your mind as active as it was when you were younger? Are you as ambitious as you ever were? Do you look around and ahead eagerly for opportunities to distinguish yourself?

Or are you settling into a rut of resignation, of lack of confidence in yourself or of foolish complaining about the world and its opportunities?

If you are losing ambition, losing mental activity, losing the keen interest in life and its chances **LOOK OUT. YOUR MENTAL PIPES ARE FREEZING**.

Start up the current again, feed your mind, keep it moving in search of truth.

Fail in this and you will be like one of those frozen water pipes that give no return when the faucet is turned on.

You will be like the professor's partly dissected frog that went on living and hopping after his brain had been removed.

Set your brain to work. If it is clogged up with alcohol, tobacco, conceit, whining complaints, clear it out.

Think, study, talk to the most intelligent men you can find. Drop the frozen fools whose dull company you may have been keeping.

Don't be a frozen pipe or a dissected frog. Be a man.—Copyrighted by W. R. Hearst.

The Royal Road

By AMY NICKERSON, Elko, Mo.

Written for SUGGESTION.

GO! search the records of the past,
View kingdoms in their rise and fall,
Search thrones, and powers, and outworn caste,
And lift, for aye, the purple pall;
And learn that ages, day by day,
Have blazoned this a king's highway.

Work is the royal road of man,
And heart and hand, and brain and brawn.
Now hails the cycle of his plan.
Toil sweeps obstructions from the dawn.
Creation is the stinging goad
That drives man to the royal road.

It matters little where I was born, or if my parents were rich or poor; but whether I love an honest man and hold my integrity firm in my clutch, I tell you, my brother, as plain as I can—it matters much.—Emerson.

The person who eats too much and does not exercise enough, is in danger of a breaking out, then breaking down; followed by a breaking up.—Exchange.

I think the first virtue is to restrain the tongue; he approaches nearest to the gods who knows how to be silent, even though he is in the right.—Cato.

"To know how to say what other people only think is what makes men poets and sages; and to dare to say what others only dare to think, makes men martyrs or reformers or both."

A Lesson from Japanese Hospitals

THE Japanese are affording us more valuable object lessons than they have ever learned from us. The question is, Shall we prove as open-minded and teachable? It is doubtful; we are too conceited.

European and American civilization is proud of its achievements in medicine and surgery. In spite of Holmes' saying that the world would be better off if all the doctors and drugs were in the sea, it is the general belief that medical meddling is necessary to enable sick people to get well, and the rankest drug-skeptic still bows down at the feet of Surgery.

But the Japanese are showing the world that the surgery of field hospitals in wartime kills instead of cures.

They do not operate on their wounded soldiers except in the rarest cases, and they have a percentage of recoveries that is phenomenal.

Wounds are washed and dressed; as soon as possible the wound are removed to the hospitals, whose cleanliness and ventilation are said to be perfect, but the knife is hardly ever used.

An American surgeon describes two of these hospitals as follows:

"Up to the beginning of July over a thousand sick and wounded had been received at these two hospitals. . . . Not a man has died at either hospital. There were among the wounded at least fifty men who had perforating wounds in the chest going through the pleural cavity, yet not a case of pleurisy resulted.

"Some six cases of perforating wounds that passed through the abdominal cavity and out of the back were also treated, and though the wounds were received not more than five or six weeks ago, some of the men are sitting up in bed; two are walking about convalescent and complaining of the delay in permitting them to return to the front.

"The wounds I saw were nearly all clear perforations, and unlike some bullet wounds I have seen, the orifice of exit was no larger nor less clear than the orifice of entrance. There was no suppuration.

"Another soldier had received a bullet under his chin, which had made its way out by the top of his head, yet he was recovering. . . . After what I have seen, I should hesitate to operate in a single case at the front. The feature of the Japanese surgeon's

work is that he leaves the wounds alone; there are few operations, indeed almost none at all.

"From what I have seen so far, I most heartily endorse the Japanese system, and feel that the Japanese surgeons will again prove to the medical men of the world that manipulation and probing of such wounds on the field, except in the rarest instances, is surgical malpractice."

Strong words, and doubtless true. Trust Nature, is the lesson. It may well be that one factor in the large number of recoveries among the Japanese is that they live nearer to Nature in most particulars than have the peoples of Western civilization for many generations.

Vaccination has not been generally practiced—until recently, at least; flesh eating is the exception among them, consequently alcoholics are also eschewed. These facts indicate a cleaner and sounder condition of blood and tissue than Europeans and Americans can possess while they continue their present customs.—*The Liberator*.

THERE is a time when the pulse lies low in the bosom and beats low in the veins; when the spirit sleeps the sleep which apparently knows no waking; sleeps in its home of clay, and the windows are shut; the doors hung with the invisible crape of melancholy; when we wish the golden sunshine pitchy darkness, and wish to fancy clouds where no clouds be. What shall raise the spirit? What shall make the heart beat music again and the pulses throb through all the myriad-thronged halls in the house of life? What shall make the sun kiss the eastern hills again for us with all his old awakening glances, and the night overflow with moonlight, love and flowers?

There is only one stimulant that never intoxicates—Duty. Duty puts a clear sky over every man, into which the skylark of happiness always goes singing.—George D. Prentice.

SUGGESTION

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Associate and Manager.

* * * SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, psychic research, natural healing, rational hygiene, advanced thought, and allied subjects.

* * * IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.

* * * SUGGESTION teaches that health is within the reach of all; that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.

* * * EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. Unless a renewal order is received this magazine will be discontinued. If you wish to preserve copies of SUGGESTION in regular order, do not fail to send in your renewal promptly. It is not necessary to send the subscription price at the same time, but we must have your written order for renewal.

* * * TO MY SUBSCRIBERS: The date of the expiration of your subscription appears on the wrapper. You are cordially invited to renew your subscription. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.

* * * PLEASE NOTE: Address all communications to SUGGESTION Publishing Company, and make all remittances payable to this company.

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Napoleon defined his politics to be: "I will and I won't."

No one could tell me where my soul might be. I searched for God but he eluded me. I sought my brother out and found all three.—Ernst H. Crosby.



EDITORIAL



A Word From the Editor

The widespread interest aroused in self-treatment by my book on "Auto-Suggestion," and the success that has followed self-treatment by many who have read the book, have brought me scores of letters of inquiry from sufferers asking for further advice to fit each individual case. This has led me to give more attention to this particular field of work—treatment and advice by correspondence—and, for the benefit of those who require assistance of this nature, I beg to announce that on request I will send a symptom blank for them to fill in and mail to me. I can then tell what is likely to be accomplished in each case by home treatment.

This will save the time and trouble required to write me long letters, and will give me full information on which to base my letters of advice or treatment. For this service I make a nominal charge, and an additional charge for subsequent letters. All correspondence is treated in the strictest confidence.

HERBERT A. PARKYN.

Do Your Toes Turn In?

A PROPOS of my article in this number "How to Save Money by Auto-Suggestion" I want to tell you of an interesting point to which my attention has recently been called by a patient of mine, an old member of the Open Board of Trade of Chicago. He had been watching me walk around in my office one morning, and when he accompanied me into my consulting room he said, "Doctor, you will never store up money like Rockefeller, Carnegie, and other men of great wealth."

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"How do you know?" I asked.

"Because you turn your toes out while you walk," he replied.

"But what have my toes to do with saving money?" I inquired.

"Nothing," he answered, "But thought, as you say, takes form in action, and a man whose singleness of purpose is to get money will show his purpose in his every action; even the muscles of his body are influenced by it, and the thought of gathering in wealth and hanging on to it, clutching it, as it were, causes the toes to turn in involuntarily."

"But what about the Indians?" I protested.

"That is a different matter," he answered. "The Indian may walk with toes turned in to avoid striking obstacles lying just inside a narrow trail. But neither Rockefeller nor Carnegie ever walked for years over Indian trails, yet both of them turn their toes in."

"However, an Indian and a billionaire have some characteristics in common. The Indian is cunning, treacherous, and bloodthirsty. The billionaire is cunning, treacherous, and money-thirsty."

"I made my discovery twenty-five years ago," he continued, and I never fail to look at the toes of a man who has saved a great deal of money, and it is seldom that my rule fails. Over twenty years ago I told a friend on the Board of Trade of my discovery and he laughed at me. "'Very well,' said I, 'go and look at the feet of the wealthy men for yourself.' He left me, went and returned in about fifteen minutes. 'Positively,' he said, 'you're right. I am astounded to find that every moneyed man on the floor, excepting 'Old Hutch,' stands with his toes turned in.'"

My patient then told me he had noticed so many children of wealthy parents with turned-in toes that he was convinced the money-grasping habit was having an influence on the feet of the offspring of the wealthy. He said that he had watched the feet of golfers and other athletes while they were "straining every nerve" to win an important contest and invariably he found their toes turned in, at least while making the effort to win.

When my patient returned to my office the following day, he brought with him copies of photographs of Carnegie and Rockefeller, also some snapshots of several of the leading golfers in the country in the act of "driving off." If these photographs could be considered conclusive evidence, my patient has certainly proved his point, for the turning in of the toes was a remarkable feature of each photograph.

"Granted your discovery is true," I said, "of what practical benefit is it to humanity?"

"Not a great deal of use to the general public," he answered. "I merely brought it to your notice as an interesting effect of auto-suggestion, but the knowledge of the fact has been of benefit to myself."

"In what way?" I asked.

"By enabling me to save money," he replied; "when a man approaches me on a business deal and I find he sits with toes turned in, I know he is after my money. Immediately I turn my own toes in to remind me that I intend to keep my money, and I say to myself, 'I'll be darned if I'll let you have any! Then, when I approach a man to interest him in something for which he will have to pay me money, I turn my toes in and say to myself, 'I'll keep what I have and get what I came after.

"I have found this plan to work like a charm although I never heard of auto-suggestion till a few days ago. Now, however, I realize that the success I met with was due to my turning my toes in for a purpose—doing something with a definite purpose in mind. When I went after a customer I had a singleness of purpose—to get an order or some money from him, and I turned my toes in with this singleness of purpose in my mind. I understand now why I have been so successful. I was strongly influenced and influenced others through my single purpose auto-suggestions. I had known that a man who is good-natured and happy unconsciously turns up his mouth at the corners, and if a man has the blues and will force himself to turn up the corners of his mouth he will become happier and feel better through the reflex action that is set up. Consequently, when I found that men who saved their money turned their toes in, I came to the conclusion that if I voluntarily turned my toes in the reflex action would cause me to save. However I see clearly now that auto-suggestion is at the bottom of all phenomena of this nature."

This is associating a singleness of purpose with a conscious act with a vengeance. It might be a good plan for the correspondent mentioned in my article to follow, but I don't want the readers of

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SUGGESTION as a family to become turn-in-toed, at least not while they read SUGGESTION, for our advertisers depend on them, we are striving to increase the circulation to 50,000 per month, we have books for sale (one of them treating fully on the subject of auto-suggestion), and Motzorongo, although flourishing, is still open to our readers as an excellent investment.

No, keep the corners of your mouth up all you like, but please keep your toes turned out, at least while reading SUGGESTION.

H. A. P.

A Lesson in Confidence

IT is strange how few people recognize the important part auto-suggestion plays in daily life. I have frequently said in these columns that every conscious or unconscious act of our lives is influenced by our auto-suggestions. This being the case, how important must be the study of auto-suggestion and how useful the knowledge of the best method for controlling one's auto-suggestions.

A knowledge of the effects and control of auto-suggestion is of the greatest importance to patient or physician, to minister or lawyer, to buyer or seller, to parent or child, to teacher or pupil, to everyone, in fact, in every walk of life; yet how few have ever given the subject a thought. That everyone uses auto-suggestion and is influenced by it every day of his life is a fact easily demonstrated, but just think for a moment how much more a man could accomplish in his chosen line of work if he understood how to direct and control his auto-suggestions intelligently.

We receive excellent lessons in auto-suggestion where one would least expect to find them, and these lessons are frequently given by people who, perhaps, never heard the term auto-suggestion used.

To show how it enters even into the success of an athlete I herewith publish a lesson for youthful athletes which appeared recently in the "Chicago American." The writer of the lesson has made a success in his chosen field of athletics, and the whole lesson is devoted to telling his pupils the auto-suggestions to employ if they would be successful batsmen. The instructor probably never heard of auto-suggestion but has discovered through experience that a determined thought takes form in strong, successful action. Here is the lesson:

BE CONFIDENT IF YOU WANT TO BE A BATSMAN, MR. "FUTURE GREAT"

The sixteenth article in the series of strong tips to the "future greats" by renowned baseball players is written by Sammy Strang, the great utility man and "pinch" hitter of the New York National League club. Mr. Strang has demonstrated this season that he is almost without a peer as a utility player. His subject is: "Go to the plate resolved to hit the first ball pitched."

By SAMMY STRANG.

(Utility man for the New York Club, Who Is Renowned for His Ability to Make a Hit When It Is Needed.)

The young batter who expects to become renowned after awhile should go to the plate each time resolved to hit the first ball pitched.

He must be just as confident of hitting that ball as he is that he can eat a big dinner after the game.

CONFIDENCE IS NECESSARY.

The young man who advances to the plate feeling that perhaps he may not be able to hit the opposing pitcher is lost.

He will not hit him, that is certain.

He must say to himself when it comes his turn to bat: "I can hit the ball and I know it," or words to that effect. The idea is that he must be so sure of himself that there is not the least thought of failure on his part.

This confidence is absolutely necessary to the man who wants to shine as a batter.

When you watch a baseball game all the way through you will be able to pick out the men who have the confidence and those who haven't. You can put your finger on them every time.

When you resolve to "hit the first ball pitched" this does not mean that you are to strike at anything the pitcher throws.

It means merely that you are not to stand up to the plate and let him put good ones over without going after them.

If the first one he throws is wide, let it go, of course. Let the second go also if that is wide, but ready for the first one that is over the plate.

The only way you can hit is to tell yourself that you can hit—to be perfectly confident that you can. Until confidence comes, a young batter thinks many times that he will never become much of a hitter.

CONTINUE TO FEEL SURE.

That is the dangerous point. If YOU are beginning to think that way change your views of yourself at once. Even if you haven't made half a dozen hits this year and really feel afraid just continue to be determined that you will become a good hitter and it will come to you sooner or later.

I believe that the really great batter must necessarily have some little amount of natural ability. I mean by this that there must be something to build on—that a famous hitter cannot be built out of the very poorest of material.

But even the greatest batters had a beginning once.

How do you suppose Lajoie looked when he took up a bat for the first time and tried to hit a pitched ball?

Don't you imagine that you make an appearance fully as good as his, right now?

Yes, you probably do.

Now, why not get the determination and the confidence and perhaps some day you will be as great as he.

This lesson in itself is an excellent sermon on auto-suggestion, for this same force, by which a man can make himself a successful

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batsman, can be used to make him successful in any other line of work. This lesson, like Mark Twain's patent adjustable speech, can be adjusted to fit all occasions where a man requires a little self-boosting along the road to success. All he has to do is to leave out the references to baseball and replace them with references to whatever he desires to accomplish.

Showing How Great (?) Minds Often Run in the Same Channel

In the June issue of SUGGESTION for 1903, page 288, appeared an editorial paragraph as follows:

"What! Can people be made well just by thinking?" asks the Incredulous One. "Who ever heard of such a thing?" Well, Incredulous One, you hear of it now. And, as has been truly said, when one hears a truth for the first time, the mental process is something like this:

- "1. I don't believe it.
- "2. It is contrary to sense.
- "3. It is of no importance.
- "4. I always believed that anyway."

Readers of "The Philistine" will remember seeing in that periodical of protest last May the following editorial utterance:

"Truth, in its struggle for recognition, passes through four distinct stages. First, we say it is damnable, dangerous, disorderly, and will surely disrupt society. Second, we declare it is heretical, infidelic, and contrary to the Bible. Third, we say it is really a matter of no importance, either one way or the other. Fourth, we aver that we always upheld and believed it."

A Case of "Obsession"

Mr. Alfred Freeman, of Jersey City, sends the following from the "New York Press" of August 8, 1905:

Orange, Aug. 7.—There was excitement a-plenty in the Italian colony in Orange today, it being believed by the residents of that section that a witch is loose and playing hob with the belles of the settlement. The "witch" or "devil" was ousted from two girls today in the Church of Our Lady of Mount Carmel, and the Italians are watching for the next victims. The two girls who have been under the "spell" are Clementina Carnizzo, 17 years old, and Rosina Russo, 19 years old, both of No. 11 Hurlbut street. Drs. Frederico Loungo, John H. Bradshaw and Giovanni Megaro, who have attended them, diagnose the cases as hysterical convulsions.

The Carnizzo girl was the first to be stricken, and she was under treatment for a month, after which a "witch doctor" was summoned to treat the case. He was successful to the extent of \$30, and, by a deft sleight-of-hand trick succeeded in convincing the awestruck onlookers that he had pulled a large wad of hair out of the girl's stomach. The feat gave the friends much satisfaction, and the girl seemed relieved. Apparently the malady is communicable, for the Russo girl, who is a chum of the first-named girl, became ill with hysteria and convulsions a few days ago. The "witch doctor" duplicated his interesting treatment with the aid of \$30 and a wad of hair, and there was an improvement in both patients.

However, Clementina Carnizzo commenced to bark like a dog, and it was decided that she had a "dog devil," and the Rev. Father Romanelli, rector of the Church of Our Lady of Mount Carmel, was called in and both cases were placed in his hands. Father Romanelli simply gave both girls sensible treatment, and it is believed that the "evil spirit" is leaving them. Whether this is due to the ministrations of Father Romanelli or to the treatment previously employed by the physicians is not known.

All day yesterday the little home in Hurlbut street was thronged with those who had traveled from all parts of the city and Newark to see the two girls. Last night the girls went again into convulsions, both at the same time, and this morning they were taken to the Church of Our Lady of Mount Carmel. The church was filled during the religious service, which included a mass conducted in the hope that they might be relieved of their sufferings. They had no recurrence of their trouble.

Dr. Loungo says it is simply a case of hysterical condition, and the communication from one girl to the other is merely a phase of mental contagion common in emotional persons. The response to the treatment of the "witch doctor" was due to suggestion by him, coupled with seeming tangible proof. Nevertheless, the Italians take the affair seriously, and it would not be surprising if there were an epidemic of the cases for a while. The Carnizzo girl had her first convulsion, it is said, after an argument with her mother.

The above clipping fairly well describes a mild case of so-called "obsession." Had the girls been acquainted with the theories of spiritualists, their hysteria would have taken a different form; if someone had suggested that they were "possessed" they would have been; and the stronger the suggestion the harder the cure. Being ignorant Italians, they had never heard of "obsession." In all such cases the degree of the "obsession" depends upon the intelligence, environment, beliefs, and disposition of the stricken one; also upon the quality and quantity of suggestions poured forth by knowing friends and relatives.

In view of these facts, it is lamentable that persons of intelligence today should calmly write long articles, and even books, trying to prove that a disincarnate spirit is the cause of "obsessions." Truly, we live still in the age of witchcraft and black magic.

* * *

A man is no better than his dreams.—St. Augustine.

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Are You Well Educated?

You are if you can answer these questions in the affirmative, according to a professor in the University of Chicago.

Does the reader dare to give an honest answer to these questions? Let us go over them carefully and not shy at any. They are very good questions, and a close study of them will repay all.

Here they are:

1. HAS EDUCATION GIVEN YOU SYMPATHY WITH EVERYTHING PURE AND CLEAN?
2. CAN YOU LOOK AN HONEST MAN OR PURE WOMAN STRAIGHT IN THE EYE?
3. DO YOU SEE ANYTHING TO LOVE IN A LITTLE CHILD?
4. WILL A LONELY DOG FOLLOW YOU DOWN THE STREET?
5. DO YOU THINK THAT WASHING DISHES OR HOING CORN IS JUST AS COMPATIBLE WITH HIGH THINKING AS PLAYING THE PIANO OR GOLF? (N. B. EVERYBODY KNEW ENOUGH TO SAY "YES" TO THIS ONE.)
6. CAN YOU LOOK INTO A MUD PUDDLE AND SEE A REFLECTION OF GOD'S BEAUTIFUL SKY IN IT—THAT IS, CAN YOU SEE GOOD IN EVERYTHING?
7. HAS EDUCATION MADE YOU PUBLIC-SPIRITED SO THAT YOUR INTEREST EXTENDS BEYOND YOUR OWN DOORYARD?
8. HAS IT MADE YOU A BROTHER TO THE WEAK?
9. HAVE YOU LEARNED THE PROPER VALUE OF MONEY AND TIME?
10. HAVE YOU LEARNED HOW TO MAKE FRIENDS AND KEEP THEM?
11. HAVE YOU LEARNED TO BE A FRIEND TO YOURSELF? (NOTE.—THERE WERE AFFIRMATIVE ANSWERS TO THIS.)
12. CAN YOU BE HIGH-MINDED AND HAPPY IN THE MEANER DRUDGERIES OF LIFE?
13. CAN YOU BE HAPPY ALONE? ARE YOU GOOD FOR ANYTHING TO YOURSELF?
14. CAN YOU LOOK UP INTO THE SKY AT NIGHT AND SEE BEYOND THE STARS? DOES YOUR SOUL CLAIM RELATIONSHIP WITH THE CREATOR?

Here are five additional questions that doubtless the Chicago professor would be willing to add to his examination list:

- (a) Do you do your own thinking in all things?
- (b) Do you like to kill things for fun?
- (c) Do you believe in a Brotherhood of Life—in a brotherhood of all sentient things?
- (d) In the plan of creation are you doing the work Nature intended you to do?
- (e) Have you any idea why you are on the earth?

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Is This a Good Number of "Suggestion"?

Is it a good number?

Is it an interesting number?

Has it done you any good?

Are you better for reading it?

Has the reading of this issue given you more courage, determination, more will power, more faith in yourself?

The editor trusts so. Otherwise a great many dollars have been wasted.

The next point: If this number benefited you, ought you not to let it benefit a friend? Why not ask your friend to buy a copy at the news stand? Why not loan him yours?

Why not tell someone?

When you meet a friend, why not tell him or her about this issue of SUGGESTION.

Suppose you begin now to do some missionary work. Help us teach people to think.

Having thus relieved his feelings, the editor man turned gleefully to a long letter written with a hard pencil on both sides of glazed paper.

The New Psychology

"Psychology" is a formidable word if you should meet it for the first time at night in a dark lane; but on closer acquaintance it loses a large portion of its formidable aspect and becomes quite harmless.

Psychology is the science of living. Psychology deals with mental laws; and all life depends upon mental action. Thoughts externalized make up the world.

Psychology deals with the formation of thoughts and ideas; thoughts are the result of suggestions received through one of the five senses, or through the psychic sense. So the study of psychology is a very important matter. Do not shy at it.

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When the kitten purrs and rubs your feet it is practicing psychology; when your doggie begs for a walk or a swim or a bone, he is practicing the laws of psychology. Animals know a great deal about psychology. Your dog can often tell what you are thinking about by looking at your face. He reads your mind. A dog is a true psychologist.

A knowledge of psychology will make life easier; the laws of psychology if applied would make the world better; they would banish fear, doubt, worry, impatience, anger, and a host of unwelcome things. We can keep weeds out of our garden, but we cannot apparently keep them out of the garden of our mind.

Psychology tells us how to grow flowers in the mental fields instead of noxious weeds; such weeds are envy, malice, anger, fear, worry, and disease.

Don't you think it would be well if more people studied psychology?

If the teachers would study it, the schoolroom would be a more pleasant place; frowns would leave the countenance and cross looks would vanish.

If doctors knew something about psychology, they would heal all their patients, and that, too, without poisons.

If parents were psychologists, children would grow up to be happy and contented men and women; bad parents make bad children; all children are born good; bad people are good children spoiled in the bringing up. Here psychology plays a most important part. Study psychology, and you will see why children are deceitful, cross, and unlovely. Children simply reflect the thoughts of their environment.

I trust that these few remarks may cause some to think about psychology and what it means. The new psychology is practical psychology applied to the every-day affairs of life.

You see a sign, "Dinner Now Ready." You are hungry. That is psychology. The restaurant man never heard of psychology, but when he hung out that sign he called into play a law of psychology.

And so it is in everything we do or say. We use the laws of psychology, consciously or unconsciously.

These laws are far reaching and important; they are sharper than a two-edged sword; they can make or mar. Wouldn't it be better to go through life knowing something about the laws of being rather than to stumble along in the dark?

I think so. It's your turn to think now.

E. E. C.

QUERIES

A Query From an Unknown

D. Q. W.—I received your long letter regarding your condition, but you failed to insert your address or tell where your letter was written from. Even the envelope bore no postmark that would assist in getting a reply to you, so I infer you mailed it on the train. If you will send your address I will give you a reply. In future please give your full address in every letter as it insures a speedier reply and saves us much time at this office.

Another thing: you asked for an immediate reply giving you instructions for the self-treatment of your case, and you even neglected to enclose a stamp. Now I am always willing to answer an inquiry regarding health, happiness or success through the columns of SUGGESTION, provided the answer can be made of interest or service to our readers, but the answer to your letter could be of no interest to anyone but yourself, and your trouble is of such a nature that I would advise you to come to Chicago and place yourself under my personal care for a few weeks. With the treatment of patients, instruction to students, attention to the publishing of SUGGESTION, study, etc., to say nothing of the hundreds of letters that come to this office requiring my personal attention, my day is fully taken up. To answer your letter as fully as you requested would take fully half an hour of my time, to say nothing of the stenographer's time in writing the letter. In fact, I could spend my whole day in answering letters of inquiry for self-treatment, and while I should be glad to do this gratis, if my institution were endowed, the fact is, I have to make my time count for the benefit of the institution and those connected with it, including myself. For this reason, I make a charge for all personal letters for self-treatment to patients who are unable to come to Chicago for personal treatment. If a case is of such a nature that I believe it can be benefited at home by correspondence, I send a question blank to be filled in by the patient, and then I keep him fully supplied with letters of instruction for self-treatment. Many excellent results have followed this treatment and instruction by correspondence, but, as I said before, it is necessary for me to make

a moderate charge for this service when the trouble is too urgent to wait for a reply through the query columns of SUGGESTION, or if the reply is not of sufficient interest or not available for publication.

I shall be glad to receive your complete address, and have published this reply for the benefit of others who may require or desire personal letters of instruction for self-treatment.—Editor.

Water Drinking

EDITOR SUGGESTION:—One man here has the start of diabetes and he drinks over a quart of water several times a day. Is he drinking too much or too little?

Another man is troubled by accumulation of water in his lungs. Is it well or ill for him to drink much water?

I wish you would answer in your magazine.

B. W. O.

[A man cannot go very far wrong in following the habits of a healthy man. In fact, all sickness is the result of failure to conform to the health standards of the healthy man, and the sooner a patient follows the habits of a healthy person the sooner will successful resolution of his troubles take place, provided his troubles are of a nature in which a cure is possible.

Since the healthy man requires nearly two quarts of liquids every twenty-four hours, it would probably pay both the patients mentioned to drink this amount, but it is not advisable to drink much more than two quarts.

However, no hard and fast rule can be made for all sick persons. The patients mentioned in the query should be under the treatment of a physician who thoroughly understands the requirements for health, and the quantity of liquids for each should be left to his judgment after he has examined and studied the cases carefully.—Editor.]

Useless Operations

EDITOR SUGGESTION:—Three years ago our home was blessed with a beam of sunshine in the form of a little daughter, but since her arrival my wife's health has failed rapidly. She has never been very strong and is inclined to favor her mother in health; the mother has been more or less of an invalid all her life.

Recently we consulted some specialists in ——— and they tell me all my wife's troubles are the result of a laceration which occurred when our daughter was born, and an operation has been advised, for the doctor tells me my wife cannot regain her health as long as the laceration exists.

I would like to have your opinion of her case, and tell me if you think her health can be improved without the operation. The doctor said the laceration was not a severe one but quite extensive enough to cause her poor health.
Kas. M. J. B.

[As the trouble mentioned in this query is a very common trouble and can be almost entirely avoided if the general health of an expectant mother is given careful attention and the life essentials are properly looked after, I will answer the query at length by publishing a report of one of the many successful results I have obtained in similar cases by using suggestive therapeutics alone.

A patient, Mrs. T., aged 36, mother of three children, had decided, on the advice of her physician, to undergo an operation to repair a laceration of the cervix of the uterus which had occurred ten years before at the birth of her first child. However, she was in such poor health that her physician decided to postpone the operation till her health could be built up a little. For this purpose he sent her to me, giving her a letter of introduction.

I accepted the patient for treatment and found she had never enjoyed robust health. She had suffered from constipation as far back as she could remember, and menstruation had always been painful up to the birth of her first child. Her immediate symptoms were poor memory, poor concentration, insomnia, great nervousness, easily fatigued, severe, constant headache, fear of impending danger, melancholia, impaired vision, slight deafness, nasal catarrh, lack of appetite, cold hands and feet, weak, rapid pulse, weak back, dyspepsia, and constipation of twenty-five years' standing. Her breathing was shallow and hurried, and I found that she did not drink over one pint of liquids per day. Medicines prescribed by various physicians, six months' osteopathic treatment, Christian Science treatment, and other treatments had all been tried faithfully without success, but I could not find that anyone she consulted had spoken to her seriously about the correct use of the life essentials—air, food and water.

From the history of the patient's troubles I made up my mind that most of her symptoms existed before the laceration occurred, and that the laceration, in consequence, was not the cause of her troubles, but a symptom of her general health; the cause of the laceration being the same cause that made the constipation and the other symptoms possible, viz., imperfect nutrition due to failure to partake of the life essentials properly.

By giving the patient daily suggestive treatment, and teach-

ing her how to employ auto-suggestion and partake of the life essentials, with a view to increasing her general nutrition and improving her mental condition, remarkable results were secured.

The patient's bowels moved normally on the second day after the first treatment, and she began to sleep soundly every night. The march to health was steady, and at the end of two months every symptom, except the laceration of the cervix, had disappeared. The patient was able to eat anything and everything; her bowels moved regularly every day. She gained in strength and weight. The total increase in weight in two months was eleven pounds. Every symptom of nervousness disappeared and the patient declared she never felt better in her life.

Everything was now ready for the operation. Even the day on which it was to be performed had been set, and the patient was dismissed with the request that should call to report after the operation.

I saw nothing of her for about six weeks, when she called to inform me that she had decided not to have the operation performed. Her husband, finding she was enjoying better health than at any time since he had known her, was loath to have her go through any ordeal that might interfere with her excellent health, and decided to take her to an eminent specialist in this city to obtain his advice on the matter. This physician, after questioning the patient about her general health and making an examination of the laceration, said he certainly would not advise an operation.

The result in this case confirmed my diagnosis, and although a year has passed since the case was dismissed, the patient is still in excellent health, and, owing to the changes in her habits of living and thought, is likely to keep her health for many years to come.

That an operation for a neglected laceration is sometimes advisable I do not deny, and in some cases I have recommended an operation, but I do not advise an operation for an old laceration until I have tested what can be done by suggestion and right living; especially if the majority of a patient's symptoms existed before the laceration occurred. It has been my experience that nine times out of ten operations for repair of laceration, and frequently for other troubles, are entirely unnecessary.

It is rarely if ever that laceration occurs during labor in a well-nourished, healthy woman.—Editor.]

COMMON SENSE PHILOSOPHY

By CAPT. L. W. BILLINGSLEY,
LINCOLN, NEBRASKA.

ON the grand sea of thought there is room for every sail, for each craft, from a vast propeller to a canoe. Progress is born of courage and independence. Civilization of the highest type is ensouled with forceful thought. Prejudice, superstition and fear are the children of ignorance. Nothing is so dwarfing and enervating to man's progress as the hobbling of honest, independent thought. Mental slavery is a disease that ever precedes mental death. Those ten centuries that mark off what is called "the Dark Ages" were peopled by those who bowed down to authority. They worshiped at the shrines of tradition and precedent.

It is in the line of evolution for each progressive thinker to look in upon his own consciousness and its workings. He will observe this conclusive fact, that if he gets into a "worry" or "stew" state, and thinks over and over again the same set of thoughts, hour after hour, his body begins to lose vigor and decay sets in; right then he should take measures to learn the art of forgetting—by framing up new thoughts and forming new thought channels.

Many people in various vocations of life, apply themselves with such persistent ardor to their work that their souls have no room to expand. In this class are found lawyers, doctors, merchants, manufacturers, railroaders, laborers, and men in various spheres of life who will allow no mental or spiritual development to stand in the way of business. Any labor that subordinates the soul is dwarfing and harmful. Suppressing inspiring impulses must be speedily followed by mental and physical reaction. Theological creeds often suppress the soul. Everyone should have a buoyant desire to be larger, freer, and a constructive thinker.

When troubles do come, as they must come from time to time, with resolute poise devise ways, means and methods to mitigate them. Soon as you do so half of the battle over trouble is won. Then we become masters of the situation. When we discover our inner center and poise we are more truly and profoundly ourselves, grounded on eternal reason and calm eternal peace. This is the supreme test of your will power and spiritual self-reliance; we are then in touch with ETERNAL POWER. With this deeper consciousness comes readjustment to life and more freedom of soul.

L. W. BILLINGSLEY,
Lincoln, Nebraska.

DEPARTMENT OF PSYCHIC RESEARCH AND PRACTICAL PSYCHOLOGY

By DR. STANLEY L. KREBS, Greensburg, Pa.

MATTER intended for this Department should be addressed to Dr. Krebs, at above address; manuscript cannot be returned; matter accepted cannot be published in any specific issue; persons having had experience in psychic matters are invited to communicate with Dr. Krebs.

THIS DEPARTMENT will be a regular feature of SUGGESTION, and will contain much material never before published. Dr. Krebs is interested with such scientists and investigators as Professor James H. Hyslop, Dr. R. Hodgson, Professor William James, Professor Elmer Gates, etc. He is one of the recognized authorities in this field of research. Correspondents residing in the east may address him at The Laboratory of Psychology, Chevy Chase Circle, Washington, D. C., of which he is a director and where much of his work is done.—Editor SUGGESTION.

The Profound Reason Why Psychic Science So Deeply Stirs, Interests and Fascinates People.

The first subject I wish to present in this department as fully and completely as facts will warrant is the interesting and fundamental subject of

TELEPATHY.

I desire to rehearse the achievements of psychological science in this line, frankly state the difficulties and admit the failures, and then finally consider the remarkable underlying laws, fraternally and earnestly summoning the world of interested readers and students to experiment and observe along the paths of these underlying laws.

The order of presentation, running through several numbers of SUGGESTION, will be: 1. Why the subject rouses such peculiar and deep interest; in other words the importance and real significance of the present psychic movement (which is the subject of the present article.) 2. Spontaneous or involuntary telepathy. 3. Experimental or voluntary telepathy. 4. The underlying laws, which clearly explain both the successes and the failures, and are of such personal and practical importance for one and all.

We choose this order of presentation for the reason that it is the historico-genetic or logical order. All the forces of nature manifested themselves spontaneously, independently of man's volition, before man studied, reproduced, and utilized them experimentally. Steam so manifested its invisible self scores and hundreds of times, often frightening man, before man seriously set to

work to produce and use it volitionally. The same is true of electricity. It seems to me, indeed, Mother Nature strives and struggles, tries hard and travails in her loving efforts to get her baby-child, man, suckling at her overflowing breasts and sensuously content therewith, to learn the great secrets of her heart.

The faculty of human consciousness known as "telepathy" has shown itself spontaneously during the centuries that are past, in all times and climes, sometimes frightening man, known under various names, giving rise to numerous superstitions; the inner consciousness has asserted its invisible self again and again whenever the conditions were accidentally afforded, crying as it were for recognition, begging for acceptance, study and employment; and only since 1882, so late and recently as that, has it received anything like scientific attention and investigation.

And now, without any further preliminaries, we enter, like Virgil, "in medias res."

Sir William Hamilton, whom we may call one of the parents of modern systematic philosophy, said, "The greatest thing in nature is man, and the greatest thing in man is mind." I presume no one at this day will take exception to this. We can all commence here as from a common starting point. But what is

THE GREATEST THING IN MIND?

How would you answer that question, and especially before a jury of twelve recognized scientific men, leaders of research and experiment, men who love evidence as much as the hardest-headed among our readers?

Mark you, science does not care for your phantasies and imaginations, however beautifully or poetically expressed. Phantasy and imagination have their place, but that place is not in the realm of science. The more science is divested of this element the better. Science loves the simple, naked truth. Therefore if you should venture a guess or indulge fancy as to what the greatest thing in mind is, science would not listen, unless you could fortify your fancies by actual demonstrations in the psychological laboratory or research room. What then is the greatest thing in mind? Can you answer this question without guessing?

Well, psychological science has already furnished the thinking world with an answer. The savants mentioned in the first article of this department, as well as the universities which have chairs of psychic science and the three national and international societies

that have been studying it, all agree in the answer, namely, the greatest thing in mind is

THE SUBLIMINAL.

By this word is meant the subconscious realm, the inner mind, the secondary consciousness—not secondary in importance, but simply in order of discovery and study.

Thousands of experiments have been made by the distinguished bodies of conservative researchers above referred to (many by the editor of this department and never before published, to which detailed reference will be made at the proper time in these articles), experiments in which the primary consciousness of the subject, the waking mind, that mind which my reader is using at this moment as he thinks of the lines he reads, has been put to sleep, or was found asleep, or fell asleep spontaneously (fell into trance), and then, with the primary consciousness thus gotten rid of temporarily and put out of the way in a state of abeyance, another consciousness (call it what you will; I am not so particular about names, if we but understand each other), another consciousness assumed control of the human organism, compelling or leading the hand to write things absolutely unknown to the sleeper's primary or waking mind, and moving the mouth to utter matters of fact and philosophy beyond the ken of the outer mind.

Thousands are the experiments that have been made along this line. The phenomena have been repeated again and again by various independent scientific investigators, so that, according to the definition of "science" given in our first article, this one great fact of the duality of consciousness, of the existence of the inner, deeper, wider mind than the ordinary sensorium, is a **SCIENTIFIC FACT**, fundamental, broad, almost inconceivably important, and universally applicable. Its real importance and profound import will burst upon us and be practically enhanced when we come to study and personally apply the great underlying laws already discovered in this mysterious realm.

The fact is, my dear reader, the profound message I want to bring you in the name of science is this: Science really, though in some quarters still hesitatingly, believes it has actually

SIGHTED THE HUMAN SOUL,

that "soul" about which we have done so much dreaming, over which in our religions and churches we have so long and so earnestly

prayed, which we have fondly hoped sometimes almost against hope is immortal and would survive the cataclysm and disaster of death—it is this very thing within us that science now believes it has at last sighted; and not merely sighted, like a distant ship sailing over yonder far across the ocean of existence, but believes it has actually gone up to it, psychologically handled, touched and experimented with it, and classified it at last in a family and genus of its own.

What is the soul?

Have you who believe you have a soul or are a soul and that it is the one overwhelming important and valuable thing about you ever sat down to answer that question in writing satisfactorily to yourself? What! assert that it is the most important thing about you, by far the most important, and yet confess you do not know what it is! How would you define the soul, I ask again? Especially to a body of genuinely scientific men?

Here you are “up against” a problem.

Remember, science will not listen to your fancies. They care nil for your unverifiable ideas as to what the soul is, or how you would like it to be or hope it is. How then would you define the soul in terms that are susceptible of experimental demonstration, for that is the very pabulum of the modern scientific spirit? We will lead up to the answer to this searching question by presenting at this point

A BIT OF HISTORY.

The Society for Psychical Research, the mother of the modern movement in experimental psychological investigation, was founded in 1882 by Professor W. F. Barrett, F. R. S., Professor Henry Sidgwick, of Cambridge, Mr. C. C. Massey, Edward T. Bennett, F. W. H. Myers, John J. Romanes, and later Gladstone, Ruskin, and Professors Crookes, James, Lodge, and men of that type.

Now, if we examine the records of those early meetings and the avowed objects of the society, and sift this all down to a plain statement devoid of such technical phrases as “transcendental phenomena,” “debatable phenomena which if incontestably established would be of the highest possible value,” etc., the following is the residuum we would get: These men virtually said to one another, “This old world of ours has been believing in the existence of a ‘soul’ for centuries and centuries. But this old world of ours has never seriously and scientifically gone in search of that soul. Let

us, therefore, found a society which will patiently and systematically SEARCH FOR THE HUMAN SOUL. We may not find it, our children may not, our grandchildren may not, but somebody may. They may not find it as we this moment think it is or believe it to be, but they may find something of tremendous importance to humanity. Just as the alchemists searched for a marvel and a mystery in matter and found chemistry, and handed it over as their permanent contribution to the progress of civilization; as the astrologers searched for the marvel and mystery of human destiny in the conformations of the planets and stars, never found it, but found astronomy, and handed it over as their permanent contribution to the progress of civilization; as the phrenologists searched for the marvel and mystery of human character in the formation of the cranium, never found it, but found physiological psychology and handed it over as their permanent contribution to the progress of civilization; "so," they said, "we may not find the soul exactly as we today dream it is, but we may find something of profound import and hand it over as our permanent contribution to the progress of civilization."

And this they have accomplished, in the grand demonstration of the duality of the human mind and the reality of the inner or subliminal consciousness with all its wonders of trance, telepathy, telekinesis, automatic writing, veridical dreams, phantasms of the dying, phantasms of the dead, etc., a discovery that would not have been made had this extraordinary research not been undertaken and organized by the fearless pioneers above referred to. Let us, by the way, lay down the general rule, that if we want extraordinary experiences we must seek extraordinary situations and try to do the very thing which other men neglect, do not think of, or fear to undertake.

To Prospective Subscribers

New, yearly, paid-in-advance subscriptions received this month will run to January 1, 1907, if this offer is mentioned. A copy of the 192-page cloth-bound book on "Auto-Suggestion" will be sent postpaid to any subscriber if the request for the book is received with the subscription.

Read about the book in the book review department.

The People's Forum

THIS DEPARTMENT will be devoted to short contributed articles on any subject. The editor believes that every publication should give some space to the free expression of opinion on all questions. It is not necessary that any of the articles relate to any matter within the scope of this magazine.

Write clearly, briefly, sensibly on any topic in which you are interested, and space permitting, your letter will appear. Here is a chance for the Press Writers to get a new audience.—EDITOR.

Mr. Farlow Explains

OFFICE OF THE PUBLICATION COMMITTEE OF
THE FIRST CHURCH OF CHRIST, SCIENTIST,
HUNTINGTON CHAMBERS.

Boston, Mass., Aug. 22, 1905.

EDITOR SUGGESTION:

DEAR SIR:—The July issue of your magazine contains a communication by Eugene Murray-Aaron, in which the writer, after paying numerous compliments to himself, saves himself from being accused of egotism by confessing to a very serious weakness, namely, his inability to understand the Christian Science text-book. It cannot be denied that the book in question is quite well understood by vast numbers of persons who prove their understanding by healing sin and sickness through the application of the ideas obtained from this book. If it be true, as our critic alleges, that the multitudes of Christian Scientists who have comprehended the Christian Science text-book are only "half-baked intellectually," what shall we say of the critic who acknowledges that he has utterly failed to comprehend it? Is he less than "half-baked"? Mark you, I am not originating epithets for the benefit of the gentleman, but am only applying those which he has created for himself simply for the purpose of indicating that great men, fluent writers, those "learned and grounded" in "the sciences," are not beyond criticism by those who are disposed to criticize. To deal directly with the point at issue, I desire to state in unmistakable terms that the believers in Christian Science include many of the keenest business men, many of the brightest educators, and many of the most profound scholars in this country. Some of these are not known to the outside world as Christian Scientists, having followed the Master's injunction, "Tell no man."

Our critic quotes from me the term "materiality of the senses" as a sample of my "half-baked intellectuality." It is not likely that a person who admits himself to be sufficiently intellectual to cast stones at his fellowmen, would be guilty of using mixed metaphors. Therefore, we must infer that he believes intellectuality to be a material substance which can be baked and which must be baked in order to be in a desirable condition. Since the gentleman has failed to express himself in exact language and has left his readers to guess at his meaning, he ought not to find fault with me if I have failed to make myself clear to him.

When I used the term, "materiality of the senses," it was in reply to the criticism that Christian Science denies the senses. My intention was to affirm that Christian Science does not deny one's comprehension except in so far as it is material. It is not the senses which are repudiated by this Science, but the erring judgment which insists that spiritual phenomena is matter, thus obscuring one's vision. Christian Science teaches that as one advances spiritually, his comprehension improves—becomes more spiritual, and in the same ratio loses materiality. In keeping with this thought it should be said that this Science does not teach that the body is unreal but that the false belief that the body is material is unreal. Science does not deny the existence of a body but it denies the false, material concept thereof.

Yours sincerely,

ALFRED FARLOW.

The genuine, fearless seeker after truth does not tie himself forever to some formulistic hitching post.—Archibald Hopkins.

BUSINESS PSYCHOLOGY

EDITED BY PROF. P. J. MAHON, FACULTY SHELDON SCHOOL
CHICAGO

THIS DEPARTMENT is devoted to the application of the principles of Psychology to the practical affairs of business; it will be especially valuable to young men and women entering upon a business career; stenographers, clerks, salesmen, managers, merchants, etc., will find here timely articles on the science of business salesmanship. All communications and questions for this department should be addressed to the editor, Prof. Mahon, 1009 Republic Building, Chicago.

What Does He Think?

SCIENCE does not come to "her own" without a hard struggle. There are business men who still object that trade has nothing whatever to do with psychology. The question of gain or loss they regard as strictly material. The traffic that is measured by dollars and cents has no concern, they will tell you, with those subtle movements of mind that science is now yoking into the harness of law. Such studies may be all very well for statesmen or diplomats, educators or speculators, but there is no need at all for them in our marts and markets. So they claim.

This is worth looking into. Let us start at the foot of the ladder. The primary art of commerce is that of selling goods. It is also the most vital because it must needs be the most general. We know that in every sale there are a salesman and a customer. There are two human actors. Now, let us confront these two.

If there be any purpose or logic in the work of the salesman his first requirement will be to know what the other party thinks. On this wholly depends the issue of the negotiation. On this may also depend the up-building of future trade. Let us suppose a transaction of some moment and put the salesman's problem in the form of a soliloquy:

"What does this man think of me? Does he believe that I am an honest and upright person? Has he faith in me as a man of character who would not deceive him by faulty goods or untruthful statements? Does he accept me as a courteous gentleman who will meet his difficulties and answer his inquiries in a loyal spirit? In a word, does he place full confidence in me—and if not, why not?

"What does he think of these goods? Are they quite satisfactory to him or would he greatly prefer a higher grade? I wonder if the price is too steep for him, or would he be willing to pay hand-

somely for better qualities? Does he know enough of the article to grasp the statements I make, or does he know so very much about it that he could enlighten myself?

"What does he really think of our store and stock? Is he favorably impressed by the house? How does he look on our firm or has he a proper idea of their standing, honesty and reliability?

"Is this a solitary purchase, or is he apt to want more goods or want to buy often? Is there any way I can help the sale by an appeal to his sentiments or aesthetic taste? What kind of suggestion would work best on him?

"What manner of man is he, anyhow? Is he close-fisted or generous? Is he heedless or precise? Is he selfish or sympathetic? What form of talk or demeanor will fall in best with his mood? How can I as a salesman jump into his good graces and make him a constant patron?"

This may seem a perfect torrent of questions, but yet they do not cover the whole ground. Of course they are always felt rather than uttered. It is plain that the answers to all of them would count for a good deal in any selling transaction. They would stand for success.

Yet all these questions are in the domain of mind. They bring up mental problems which the salesman must work out in a hurry, and often from very meager data. They imply a study of character and motives and of the power of suggestion, which are all of the very essence of psychological science. The salesman who could fill the bill has a solid grip on success. He is marked for big earnings and easy promotion, and will prove a mighty factor in the prosperity of his employer. Some day he will bloom out himself as an employer and captain of trade.

Modern business is crying aloud for just this class of men. They are the strong doers of deeds and the sayers of fitting words. They are chiefly made so by this very mind-science, or psychology, and the proofs of its need and value are seen in the marvelous growth of a school that makes it an element in business science training. Reference is here made to the Sheldon School, of this city, which has now on its rolls over twelve thousand students from all parts of the country, and in every rank and station in the business world. It is surprising, also, what a zeal is felt for the science in this new relation. The beginners seem to feel that it adds a dignity to the business calling which it never had before. The veterans are startled to find that they have been practical psychologists all their lives without knowing it.

♥ HAPPINESS ♥

BOLTON HALL, 54 William St., N. Y. City, N. Y.:—

Happiness is the highest exercise of the highest faculties that the person has. I am entirely happy and long have been and expect to continue so because I know how.

* * *

CLARE JUDITH CHENEY, Saybrook, Ill.:—

Happiness consists in the preservation of all physical and mental activities until by knowledge of spiritual laws the so-called physical body glides into a spiritual being. True happiness waits on an environment corresponding to the unfoldment of the soul. Perfect happiness lies in the eternal unfoldment of the soul by the never-ending perception of new truths.

* * *

PROFESSOR LYMAN E. STOWE, teacher of occult science, Detroit, Michigan:

Man is here on earth for the purpose of rebuilding his spiritual kingdom through experiences. Therefore perfect human happiness on earth is not desirable, as it would retard soul growth and destroy the purpose of our being. Man can only expand or grow through experience; give us perfect happiness and experience ceases; the purpose of our being is destroyed.

* * *

From L. FRANCIS ESTES, editor of *The Occident*, a monthly publication for the study of soul growth through self-development effected by the intelligent application of the higher laws, Brockton, Mass.:—

Happiness is the light-hearted state of the real self resulting through viewing life's situation, whatever it happens to be, in the light of an opportunity; through performing the whole duty in faithfulness, cheerfulness and hopefulness; through feeling love for all; and through bearing toward all good will.

The average person, being still upon the concrete plane of material life, measures and values only that which is of a material nature, and thus being more or less of a stranger to orderly living, to contentment and to love and good will, he fails to find happiness, although it is easily within his reach.

The chief aim of life is normally to attain to the highest possible harmonious development of the physical, intellectual and spiritual natures; in all right ways to assist others to do likewise; ever to have a loving care over the brute creation; to make a wise, careful and loving use of every opportunity and of all things—to the end that we may do well our part in the Divine Plan.

* * *

C. I. SIMPSON, Lozanne, Miss.: The sympathetic intellectual person will undoubtedly find (as has been stated) that true happiness in the thought that he, or she, has made sacrifice and done kind acts for the benefit of others.

* * *

E. C. F.: To think, feeling the power behind that thought for the advancement of good, is happiness. Knowledge increases happiness because it increases the power of thought, and is there a limit to that power when thought is linked with love, desire and prayer?

* * *

J. H. COIN, Pastor First Baptist church, Aurora, Mo.: Happiness is the echo of the joy which you throw into another heart.

* * *

MISS JENNIE FAIRMAN SMITH, Chicago, Ill.: Happiness is the result of loving forethought for others.

* * *

By CHARLES BRODIE PATTERSON, editor *Mind*, 11 East Thirty-second St., New York:

Happiness is the result of action, and one's being in harmony with his environment. The Kingdom of Power is within, but the expression of it is without.

Happiness is within the reach of all, but there is no such thing as ultimate and absolute happiness.

Happiness is desirable. Every good thing that can be attained in life should be sought after, but we must always remember that whatever we are seeking in life, that we should seek for others as much as for ourselves.

The chief end of man is to develop all his innate mental and spiritual faculties, to express perfectly in an outer way every quality he is possessed of. And the individual who is trying to do this will be far happier than the one who is paying no attention to it.

* * *

FLORENCE REGNAUD, Minneapolis, Minn.

Happiness is another name for self-forgetfulness. It consists in abandonment to an ideal or purpose. With such happiness no incentive to progress happiness prompts us to deeds of unselfishness.

* * *

EARLE M. JALLET, Sterling, Ill.: Happiness is a sort of quiet, perpetual effervescence of internal cheerfulness.

* * *

DR. OTTOMAN ZAR ADUSHT HANISIL, editor *The Mazdaznan*, Chicago:

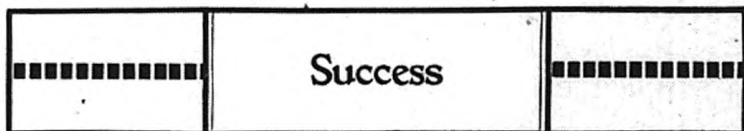
Happiness is the height of satisfaction and an incentive to hopefulness.

Is happiness within the reach of the average person? Not only the average person but everybody and everything.

Is a state of happiness desirable? It is the only state to be in if life is to be worth living.

If happiness were possible would not a great incentive to human endeavor be removed? Happiness is the greatest incentive to human endeavor as happiness prompts us to deeds of usefulness.

What is the chief aim of life? To prove to one's own satisfaction that life is eternal and its operations endless.



SUCCESS in life is the aim of each one. Let us help others by assisting in the publication of suitable material. Send us copies of rules of conduct, mottoes, clippings, verses, notes and comments, etc., that will be of assistance to others. Every reader is invited to assist in making this department interesting and useful.

* * *

Stephen Allen's Pocket Piece

Many years ago the fine steamer *Henry Clay*, which ran between New York and Albany, when on her down trip and just opposite the beautiful village of Yonkers, was found to be on fire. The steamer was immediately headed for the shore, but notwithstanding its nearness to the land, and the heroic efforts made to rescue the passengers, many lives were lost. Among the victims was Stephen Allen, Esq., an aged man of the purest character, formerly a mayor of New York, beloved and esteemed by all who knew him. In his pocket-book was found a printed slip of which the following

is a copy. If our young men, and old ones, too, would practice these precepts, the virtue, patriotism, and prosperity of the nation would be vastly improved:

1. Keep good company or none. Never be idle.
2. If your hands cannot be usefully employed, cultivate your mind.
3. Always speak the truth. Make few promises.
4. Live up to your engagements. Keep your own secrets, if you have any.
5. When you speak to a person, look him in the face.
6. Good company and good conversation are the very sinews of virtue.
7. Good character is above all things else.
8. Your character cannot be essentially injured except by your own acts.
9. If one speaks evil of you, live so that none will believe such.
10. Drink no kind of intoxicating liquors.
11. Ever live (misfortune excepted) within your income.
12. When you retire, think over what you have done during the day.
13. Make no haste to be rich, if you would prosper.
14. Small and steady gains give competency, and tranquillity of mind.
15. Never play at any game of chance.
16. Avoid temptation, through fear that you may not withstand it.
17. Earn money before you spend it.
18. Never run into debt unless you see a way to get out again.
19. Never speak ill of anyone. Be just before you are generous.
20. Never borrow if you can possibly avoid it.
21. Do not marry until you are able to support a wife.
22. Keep yourself innocent if you would be happy.
23. Save when you are young, to spend when you are old.
24. Read over the above maxims at least once a week.—*Notes and Queries.*

New, yearly, paid-in-advance subscriptions received this month will run to January 1, 1907, if this offer is mentioned. All new subscribers are entitled to a free copy of the 192-page cloth-bound book, "Auto-Suggestion." Make your request when you send your subscription.

I find the gayest castles in the air that were ever piled far better for comfort and for use than the dungeons in the air that are daily dug and caverned out by grumbling, discontented people.—Emerson.

A man may be and do the thing he wishes provided he keeps that one thought dominant through night and day and knows his strength is limitless because its fountain head is God."

* * *

All of us have our gray days. Fortunately—experience is like the skies above us: Sunshine alternates with the shadows and in the order of nature from this alternation comes the fruitage of blessed harvests.—Ford.

HYGIENE

New Treatment for Defective Eyes

[The following is from the "Care of the Body Department," Los Angeles (Cal.) "Times."]

THERE recently appeared in the press an item to the effect that the American Consul at Nottingham, England, had reported, in a consular bulletin, on the new, simple, and effective treatment of defective eyes. The editor wrote to the Consul, Frank W. Hahin, and received the following reply:

"Referring to your letter of 4th, I enclose copy of my report on the new eye treatment. I know nothing more than is contained therein. Dr. Smith is now en route to the United States, where his address for a time will be the Fifth Avenue Hotel, New York."

Here is the Consul's report:

"This locality is much interested in a remarkable new method of treating defective eyesight. It is described, briefly, as 'manipulation of the eye,' and was thought out and developed, it is stated, by Dr. Stephen Smith, surgeon to the eye department of Battersea Park Hospital. The precise method of treatment is not disclosed, remaining the inventor's secret. The treatment is described as gentle and gradual, a few minutes daily, causing no pain and having no injurious effect of any sort. Some patients are cured in a week, and in all cases improvement is rapid. Thirty patients who previously had to wear spectacles have so far been treated by Dr. Smith, and with one exception, it is stated, all have discarded glasses and can now read, at either long or short distances, as easily as people who have never needed glasses. The cures applied to myopia (short sight), hypermetropia (long sight), and astigmatism (irregularity in the shape of the eye), and are claimed to be permanent, which, of course, remains to be demonstrated.

"Optimists assert that the general use of this method will practically abolish eyeglasses."

It is not improbable that this treatment consists simply in a general massage of the eye, which is an excellent thing, as is scientific massage of any other part of the body.

The editor wrote to Dr. Smith, in New York, and received from him the following reply:

"In reply to yours of the 10th inst., I enclose booklet giving you some information. I may add that I am in New York at the present time conducting treatment on twenty test cases to demonstrate what can be done. Further particulars of these test cases will appear in the 'New York American.'"

The booklet is entitled "The Cure of Myopia, Long Sight and Astigmatism without Glasses." It gives a brief outline of each ailment, but tells nothing of what the cure is.

Meantime; the following article on massage of the eyes, by J. J. Sullivan, masseur, of Philadelphia, appeared in "Medical Talk" for April. It may or may not be the same, or a similar treatment, to that practiced by Dr. Smith, but in any case it appears to be worth trying:

"First, hold the head steady—it does not matter whether you are standing, sitting or lying down—then turn the eyes to the right, and to the left, as far as you can without moving the head. Do this five or six times. Then turn them up and down as far as you can, five or six times.

"Next, hold your finger as far out in front of you as you can, and bring it in slowly until it touches the nose, watching it closely all the time. Do this five or six times. This will be a little painful at first only.

"Next, close both eyes. Place the first finger of each hand on the upper lid of the corresponding eye, and press inward and downward as hard as you can bear, as though you were trying to force the fingers in between the eyes and eyebrows. Do this five times.

"Next, place the fingers under the eyes, and press inward and upward as hard as you can bear, five times.

"Then, place the fingers on the inside of the eyes, and press outward five times.

"Next, place the fingers on the outside of each eye, and press inward toward the nose five times. Then, place the fingers flat on the upper eyelids, with their ends pointing toward the nose, and rub deep and hard toward the nose, five times. Place the fingers on the lower lids, and rub hard five times; then on the outer corners and rub; then on the inner corners and rub up and down. Repeat all these movements three or four times each day, and gradually increase the number of times you make each movement, until you make each movement twenty times.

"The object is to rub the eyelids on the eyes as hard and deeply as you can bear, as though trying to force the eyeballs to a point,

and prevent them flattening, at the same time stimulating the circulation in them, which brings nutriment and carries off waste, thus restoring health and brilliancy.

"This treatment has cured cataract of five years' standing, and persons who have worn glasses for years have been enabled to discard them, after a few months of this treatment.

"The best eye lotion is normal salt solution, which is prepared by taking a small quantity of distilled or filtered water, and adding enough salt to it to make it taste palatable of the salt. (Your own taste is the best gauge for your own eyes). Keep in a bottle and put a few drops into each eye every day, or oftener, if required."—Los Angeles "Times," care of the Body Department.

[Note by Editor SUGGESTION.—In addition to the above directions for treating defective eyes, it will be well to

1. Breathe pure air at all times.
2. Chew the food to a creamy consistence.
3. Drink daily two quarts of pure water.

The massage above mentioned increases circulation in the eye, and this assists in removing deposits. When the blood is supplied with suitable food, air and water, nature will cure any disease curable.]

**"Seize on truth wherever found,
On Christian or on heathen ground."**

* * *

Thoughts are not things. Thought is singular—one—and causes differentiation on the appearances we call things, which are mosaics in a perfect whole.—Zone.

* * *

It is a mistake to put a \$5,000 education on a 50-cent boy, but it is a greater mistake to put a 50-cent education on a \$5,000 boy.—David Starr Jordan.

New yearly subscriptions to SUGGESTION received this month will run to January 1, 1907. This gives fifteen issues of the magazine for a yearly subscription if you mention this offer, and upon request a copy of the new book, AUTO-SUGGESTION, will be included.

Experiences

HAS the reader had any experiences along psychic lines? Any telepathic experience? The editor will be pleased to have short communications suitable for this department. All letters should be short. Send the facts without comment.

Kokomo, Ind.

Editor SUGGESTION: I enclose a personal experience in Psychic Phenomena. I've been all along the line but this one will give something to explain. I run up against every medium I find, and can say as a rule the public medium is a fraud and a fake.

The very best mediums I have found are not before the public, and it is only through personal friendship and acquaintance anyone can get "next" them; but it is worth while when you do.

I have my notion of what these phenomena are, but cannot prove it—maybe I may some day. I shall keep on trying anyway.

FRANK D. BLUE.

A PSYCHIC EXPERIENCE.—WHO, CAN EXPLAIN IT? For a good while previous to the year 1901, my wife and myself, together with some friends, were dabbling with spiritistic phenomena. There were a goodly number of us and some one of the circle could produce all the different phases of mediumship.

One prominent member—not mediumistic, a railroad conductor—was thinking of leaving the railroad but had been disappointed in his plans. The sitting was in July, about the 25th, as I recollect, not having my memo. here to refer to, and the officiating medium for the evening told him he would quit railroading upon the seventeenth of the following October. I put the date down—I was always keeping tab in those days.

About the 12th of October I saw and talked with the conductor in question, who had long been a personal friend of mine, and he said he guessed he never would get a chance to quit the railroad.

About 10 o'clock on the morning of the 15th of October I received a message that he had been caught between two tracks in the freight yard at Indianapolis and one leg cut off, and had been sent to the railroad hospital.

I told my wife when I went to dinner, and we were eating our dinner as near as I can now recall at about 12:30. We had just finished when there was the sound of a train running through the house; my wife ran out one door; I went inside the sitting room where the noise appeared to me to be, while the children scattered in all directions. My wife says she thought a portion of the house had fallen down. I supposed it was a wreck in the yards of the railroad, as our house stood right beside the tracks.

There was not a sign or a sound of an engine or train in the yards near the house.

I said to my wife, "Conductor E. is dead." We went to our seance room—my wife and I alone—sat down with a slate between us, and got a message saying he was dead, with a picture of a skull showing a fracture which the message said he died from.

When I returned to my office I got a telegram saying Conductor E died from the effects of having his leg cut off at the hospital. The autopsy showed a fractured skull, so near as I could discover, exactly as the message we received had shown.

He was buried on the 17th of October, 1901, the day set in July for him to quit railroading.

Now I am free to confess, after years of study and investigation, there are still some things in this narrative I cannot explain to my own satisfaction, and I would like some of SUGGESTION's readers to give a theory that will explain it upon known facts; i.e., scientific proof, if it be explainable.

FRANK D. BLUE.

Contributors' Department

Matter for this department should be short and terse. Don't waste words. Don't send long communications. Boil them down. Open to all.—EDITOR SUGGESTION.

By Annie Lillian Swett, Cedar Rapids, Iowa: These were Christ's words to mankind: "Knock and it shall be opened unto you; seek and ye shall find." Some people think these words apply only to the spiritual life. But they are just as true to the physical, mental and moral life of man. All man needs is the desire and a strong will. If a man has a strong will, ambition and perseverance, his power is usually bounded by the infinite.

Man can reach almost any heights. As a reward for concentrated effort physically, he can have almost a perfect body. Intellectually and morally he can stand with the great of the land. This is made possible by divine law.

* * *

CASPER R. FEHR, Olivia, Minn.: On page 271 in the last May number of SUGGESTION the remark is printed that, "anyone claiming to give telepathic exhibitions for money should be looked on with grave suspicion." Is not this assertion a direct refutation of the tests recorded in an article written by T. J. Hudson, LL.D., in SUGGESTION (October, 1902)? And a positive contradiction of the fact that all so-called mediums exhibit the phenomena of telepathy for money?

[NOTE: While it is true that all so-called telepathic exhibitions given for pay should be looked upon with suspicion, it does not follow that all such exhibitions are not genuine. Certainly the usual spiritualistic seances are not recognized by independent observers as being worthy of any attention. The usual "psychic" show is a fraud on the face of it. Telepathy is not so common or so universal that it can be made a commercial commodity.—EDITOR.]

* * *

I perused the new book on "Auto-Suggestion" with care and with great interest. It is a masterwork of simplicity and full of instruction based on common sense and rational principles. Everyone who carefully studies "Auto-Suggestion" and commits its principle to memory and makes practical use of it will be led into a line of thoughts that brings about a change in the cell energy in the mind that will create health, happiness and prosperity and success, and will form habits according to the character of the thoughts that create them. Thus bad habits may be transformed into healthy, noble and prudent habits.

Dr. Herbert A. Parkyn understands how to write useful books for the public as well as for the most learned people. His Suggestive Therapeutics as well as this new book on Auto-Suggestion deserves to be studied closely.

JOHANNES HEINIGER, D.D., Ph.D.

Cleveland, O.

* * *

By E. GUY TALBOTT, Pasadena, Cal.

Are there words that should be spoken,
Words of kindly love and cheer,
To some heart that's almost broken,
And there's no one seems to care?
Do it now.

Are there burdens rough and heavy,
That your hand might help to lift?
Are there cares upon the weary
You might help to set adrift?
Do it now.

There are souls upon the roadside,
Toiling through the dust and clay.
Can't you aid them at the noontide,
As they journey on the way?
Do it now.

Postal Card Sermons

A Sermonette by Elbert Hubbard of "The Philistine"

I believe that no one can harm us but ourselves; that sin is misdirected energy; that there is no devil but fear; that the universe is planned for good. On every side we find beauty and excellence held in the balance of things. We know that work is a blessing; that Winter is as necessary as Summer; that night is as useful as day; that death is a manifestation of life, and just as good. I believe in the Now and Here. I believe in You, and I believe in a Power that is in Ourselves that makes for Righteousness.—Selected.

* * *

SHORT paragraphs, postal card communications, clippings, mottoes, maxims, etc., are wanted for this department, and the editor will be pleased to acknowledge all communications. Try your hand at writing a sermon. The preacher preaches to a few hundred. Here you can reach an audience of 75,000 or 100,000. What preacher would not be glad to have such an audience?

MAUD L. LESSER, Syracuse, N. Y.: The fact that there are many different opinions on the same subject is no sign that any of them are entirely wrong even though they may seem to directly contradict each other.

Each opinion may be correct from its own standpoint. The trouble is that the subject is so vast, and we see so little of it, and seeing that little very distinctly, we venture our positive opinion, sure that we are right. A certain house is painted red, the back white. A man standing on one side says it is a white house; a man on the opposite says it is red. The man who has been all around the house is the one who really knows.

But the house in the illustration is indeed a simple matter compared with the great questions of the day, and we can never be sure that we have seen all the sides and angles of these subjects. Perhaps, if we could, the various contradictory opinions would blend into one grand, harmonious whole.

At any rate, the one who has viewed a subject from the most standpoints is the one whose opinion is most valuable.

Much food for thought lies in the negative side of this same line of thinking: "Because we think a thing is true, is no sign that it is true."

* * *

W. GARRETT LONEY, Mt. Winans, Baltimore, Md.: Use your brains. If we would think more we would gain more. The cause of so much poverty today is the outburst of letting the other fellow do the thinking. He gets rich while you grow poor. You pay for his thinking. Why not the reverse?

Advice: Think for yourself. Be independent. Be determined. Study patiently.

A good rule to go by: He that ruleth his spirit (is mightier) than he that taketh a city.—Prov. 16:32.

Don't be a fool: Why? A fool hath no delight in understanding.—Prov. 18:2.

Think—Learn—Earn, and be happy.

Read SUGGESTION. There's a cause.

* * *

ETHYL BLACK KEALING, Indianapolis, Ind.: The true field of battle, behold it here! In all life's menacing possibilities, let us be pacific; let us take counsel of the powerful thinkers of our age, and let our just philosophers be the apostles of the true science of living. . . . Although our supreme governmental power which guides us, is thought, the civilized more often obey force than the ideal; the law for the individual life is transfigured from liberty to authority. . . . Each citizen should assist in the annihilation of prejudices and fixed opinions, to promote the just accord of men and rights to be recognized as supreme law. . . . Each citizen owes allegiance to the states, but another allegiance the citizen owes is to obey laws protecting the individual.

* * *

JAMES FRAZIER, Austin, Kan.: Every atom of earth is electro magnetic—and some of life principle in it. The atom is the material of the whole earth, of our bodies, of fruits, flowers, and all existence. We all are the same—close related. We are some of our father, mother, grandfather, grandmother, some of America, some of Europe and Africa. The smiling sunbeam and light makes us all, and of different hues, just as it makes different colors to the flowers or shades to the rainbow. . . . We are not therefore in position to seem better than our relatives. We are one, and God is us all.

* * *

A small, bare-footed boy was observed by a railway magnate to follow a crooked way through a train shed on a cold autumn day. Questioned, he replied that "It was warmer where the sun shone through the lattice."

August 24, 1905.

EDITOR SUGGESTION: Please add to your directory the following:

LIBERAL REVIEW, an organ of the Independent Thinkers of America; monthly; \$1.00 per year. *The Liberal Review Co.*, 140 Dearborn St., Chicago, Ill.

INGERSOLL MEMORIAL BEACON, a non-partisan monthly devoted to science, free thought, rational right-doing and to good government of, for, and by the people. Let everybody be reasonable. *Ingersoll Beacon Co.*, 104 La Salle St., Chicago, Ill. 50 cents per year.

THE TRUTH SEEKER, a free thought and agnostic newspaper. Motto: "Believe everything that is true, and nothing more. And ye shall know the truth, and the truth shall make you free." Weekly; \$3.00 per year. *The Truth Seeker Co.*, 62 Vesey St., New York City, N. Y.

I take them all. They are very good, but in some respects SUGGESTION is much their superior. It teaches us how to live. I wish every family in America had SUGGESTION regularly in their homes. It would cause a great change in the health and happiness of millions. Send sample copies to the inclosed names.

Chicago.

Very truly yours,

J. N. BIDDLE.

Precept is instruction written in the sand—the tide flows over it and the record is gone. Example is graven on the rock, and the lesson is not soon lost.—Channing.

Memory Culture

THE editors are hoping that this department will be a permanent feature of SUGGESTION; a well-known psychologist and teacher of memory culture has been asked to assume the management of the department and we trust that arrangements will be completed by the next issue. Anyone having any clippings, rules, ideas or questions bearing on the subject of memory training is invited to send them addressed to this department.

* * *

In the first place a healthy memory can only exist in a healthy body. The first principle of memory culture is body culture. And so again we are led back to the healthy blood stream for the foundation. And it is so with all physical and mental attributes; health, strength, good complexion, luxuriant hair, bright eyes, good hearing, strong will, active memory, abounding courage, determination, optimism, etc., all depend primarily on good blood. The successful man must be a healthy man.

Then, too, if your memory is poor, your circulation is poor; your blood is poor; your digestion is poor; your mastication is poor; your supply of air, food and water is insufficient.

This is the first lesson in memory culture or any other kind of culture.

* * *

I am not a memory expert, but I can tell you that the law of suggestion is closely allied to the question of memory. All memory is by association; by suggestion. One thing suggests another.

Note this series of words:

People—marriage—man—woman—child—school—teacher—lessons—book—paper—white—black—darkness—night—storm—rain—water—stream—river—ocean—ship.

* * *

Now read these words over carefully, noting how each word suggests the next. Then take your eyes from the page and you can repeat the words easily from memory. And you can repeat them next week just as easily. This shows how suggestion aids memory.

* * *

The seven primary colors of the rainbow are red, orange, yellow,

low, green, blue, indigo, violet. You will have trouble in remembering colors unless you know how. I will tell you. I will tell you how to remember them so you will never forget them.

Listen: fix in mind this name:

ROY G. BIV.

You can easily remember Roy's name because it is so uncommon. Say it over two or three times: Roy G. Biv, Roy G. Biv, Roy G. Biv.

Now you have the seven primary colors fixed in mind forever. Why?

R—red.

O—orange.

Y—yellow.

G—green.

B—blue.

I—indigo.

V—violet.

And there you are.

* * *

Suppose you wish to remember the name and telephone number of Tallman Black & Co., Telephone Brown 288.

To fix this in your mind permanently you must associate the name and number with something as a starting point. Different names and numbers must be remembered in different ways. For the above name and number one could say:

"Tallman; I saw a man in a tall building; or was it a low building; any way I can remember Tallman for he was rather tall; and then I say the old jingle: Black man, white man, beggerman, thief; this gives me Black; now I have Tallman, Black & Co. I will associate 'Tallman' with the building and with the man in the building that I saw; I will associate 'Black' with the old jingle. Now for the telephone number. Black—brown—b-b; not black and tan, but black and BROWN; the telephone is Brown; remember B B—double b; now for the number: 288; let me see; two b's and two is the first number; then comes a double again—double 8; two, double eight—get it straight; I can certainly remember to get it straight—two, double eight, and so I have fixed in mind Tallman, Black & Co., Brown 288."

Thus endeth the first lesson. Those who wish to pursue memory culture in a systematic manner are referred to Professor Dickson, Kimball Hall, Chicago, who will send some interesting information upon request.—E. E. C.



REVIEW NOTES



Authors or publishers of books dealing with subjects within the field covered by SUGGESTION are invited to send short review notices (with copy of book) which will be inserted in this department.

Books

"AUTO-SUGGESTION; What It Is and How to Use It for Health, Happiness and Success;" 192 pp.; linen cloth and gold; by Herbert A. Parkyn, M.D., editor of SUGGESTION; a book for those who think; handsomely printed on heavy paper; SUGGESTION Publishing Co., 4020 Drexel Blvd., Chicago. Second edition.

Here is a practical book for those who seek to know the underlying laws of human effort; this book is an earnest attempt to give definite instruction regarding the use of psychic powers. It is not a fog bank; it is not a meaningless string of words; it is clear, concise, practical, helpful. It contains the essence of all systems of life culture, health culture, will and memory culture; it contains the germ of all that is true in occultism, success circles, vibrations, absent treatment, Christian Science, faith healing, etc. Read this book and understand how to use your inherent powers to accomplish any rational purpose. Do not walk in the dark; learn the law; know the how and the why; learn why one fails and one succeeds; why one is sick and another well; why one is steeped in pessimism and another is on the hilltops of optimism.

This book contains many of the articles written by Dr. Parkyn on auto-suggestion for SUGGESTION, the magazine of the New Psychology, with additional matter. It tells how to overcome physical troubles by auto-suggestion; how to improve the memory; how to overcome nervous troubles; how to become optimistic; how to build character, and how to become successful in the various pursuits of life. This book tells how to do things; it gives explicit directions as to the use of auto-suggestions, and how to develop the inherent psychic powers.

The book contains fifteen chapters, and is written in simple, plain language so that anyone who reads it can understand it and thereafter will have no difficulty in intelligently and practically employing auto-suggestion in a thousand ways to his lasting benefit.

This book will be welcomed by every student of Suggestive

Therapeutics, and by all who are in search of health or happiness or success. Everyone has within the power to satisfy all rational desires; it is a question of knowing how to employ these powers of mentality and thought force. Thought tends to take form in action; "As a man thinketh in his heart, so is he"—these statements are the text on which Dr. Parkyn's book is written.

The contents of the book are as follows:

CONTENTS.

- | | |
|---------|---|
| Chapter | 1. Auto-suggestion. What it is and how it operates. |
| " | 2. Auto-suggestion. Its effects and how to employ it to overcome physical troubles. |
| " | 3. Auto-suggestion. How to employ it to overcome mental troubles. |
| " | 4. Influence of early auto-suggestions for the forming of character. |
| " | 5. Auto-suggestion for the formation of habits. |
| " | 6. The cultivation of optimism through auto-suggestion. |
| " | 7. Auto-suggestion and personal magnetism. |
| " | 8. Auto-suggestion for developing concentration. |
| " | 9. The achievement of success through auto-suggestion. |
| " | 10. Auto-suggestion and success. |
| " | 11. Auto-suggestion and breathing exercises. |
| " | 12. Auto-suggestion. Its influence on health in the winter. |
| " | 13. Auto-suggestion. The diagnosis and treatment of a typical case of chronic physical suffering. |
| " | 14. How psychic pictures are made realities by auto-suggestion. |
| " | 15. Auto-suggestion the basis of all healing. |

GIVEN AS A PREMIUM

Anyone who sends a new yearly paid-in-advance subscription to SUGGESTION will receive a copy of "Auto-Suggestion," post free, if the request is made when the subscription is sent.

OLD SUBSCRIBERS

An old subscriber who sends a renewal for one year may have a copy of the book for 25 cents additional, but the book under no circumstances will be sold separately at this price. Requests for the book must accompany the remittance.

NEW SUBSCRIBERS

New subscribers to SUGGESTION may have a copy of the book on "Auto-Suggestion" without charge if the request is made when their remittance is received.

If you are dissatisfied with the above offers, return the book within five days after receiving it and your money will be returned.

Send all orders to Suggestion Publishing Co., 4020 Drexel Blvd., Chicago.

Extracts from letters regarding the new book, AUTO-SUGGESTION:

"Simply delighted."

"A book to tie to."

"It beats all how much you SUGGESTION folks give for a dollar."

"I never would have believed so much valuable and practical information could be jammed into 13 chapters."

"It outlines a system of living that would revolutionize the world, if followed out."

"I have felt afraid of nothing since reading it."

"Invaluable to teachers and parents."

"I believe that if every family had a copy of this book the doctors and druggists would starve."

"How can I thank you for the book? May God bless you."

"Whereas before I saw darkly or not at all, now I am walking in the light."

"A perfect mine of good things. I wish I could tell you how I enjoyed it. I have given the book to a friend to read, and no less than six persons have asked to see the book."

"It certainly throws a flood of light on many dark corners."

* * *

HOW TO OBTAIN HAPPINESS AND HEALTH: 103 pp.; linen cloth, gold stamped; printed on heavy paper; by John J. Snyder, P. O. Box 427, Chicago. A copy will be mailed free to all who send 8 cents for the postage. Ella Wheeler Wilcox says of it, "I think your book excellent, and it ought to do much good." The author claims that it has been written to do good, and not to make money.

* * *

MAN'S RESPONSIBILITY: or How and Why the Almighty Introduced Evil upon the Earth. Thomas G. Carson; 524 pp; cloth; G. P. Putnam's Sons, The Knickerbocker Press, N. Y.

* * *

The Phrenological Journal

The October issue of the *Phrenological Journal* contains sketches of Dr. Woodruff Wilson, President of Princeton; Rev. Robert Collyer, the Octogenarian Preacher, and Miss Isabel Hapgood, translator of Tolstoi; also articles on "Phrenology and the Scientists," No. 3, Herbert Spencer, and "The Practical Side of Phrenology as Applied to Everyday Life." Fowler & Wells Co., 24 E 22d St., New York City.

If you are idle you are on the way to ruin, and there are few stopping places upon it. It is rather a precipice than a road—H. W. Beecher.

Books Received

AND GOD SAID: An interpretation of the Book of Genesis; by Ursula N. Gestefeld; Exodus Publishing Company, Chicago; cloth; 160 pages, \$1.50.

The book of Genesis was written some thousands of years ago, in the Hebrew language, presumably by a Hebrew. Some think that the Creator of the Universe told this Hebrew what to say when he wrote the book.

The book abounds in images, similes, comparisons, metaphors, story, and fact. To know what the ancient writer meant, it would be necessary to read his story in the ancient tongue; it would be necessary to understand the mental conceptions held in those ancient days; it would be necessary to understand all the poetry and imagery of the ancient Hebrew language; in fact, to understand the book of Genesis one must be familiar with the mental states and beliefs of the writer, and enter into the spirit of the ancient times. Has any translator been able to do that?

No true translation of the book of Genesis has ever been made. The various attempts but echo the opinions of the translators. Each age makes a new translation; the translations but reflect the opinions and beliefs of the day. What is wanted is a translation made by scholars who have no particular religious belief to maintain and no pet theories to prove. A real translation of the book of Genesis, which would reflect the spirit of that Noachian age, would be very interesting; if the book of Genesis in the English Bible were translated into Hebrew, and Noah could read the translation, he would be filled with unutterable astonishment.

"What is this stuff?" he would inquire.

"That, Noah, is what people of today are busily interpreting."

"Well, I should say it needs an interpreter for I can make nothing of it."

These remarks are spread over this nice white page to show how futile any attempt to explain Genesis must be based on the very faulty and biased translation that now takes up the space in the modern Bible devoted to the book of Genesis.

Professor Vail, in his book, "The Deluge and Its Cause," has shown how imperfectly the ancient record is understood in reference to the Deluge, and this is but a sample of the misconceptions that abound in the authorized translation.

Will somebody now please give us an interpretation of Mrs. Gestefeld's interpretation?—E. E. C.

Health Without Drugs

is the name of a very valuable hygienic publication edited by Sophie Leppel, 26 Clovelly Mansions, Gray's Inn Road, London, W. C., England. If you write for a sample copy, write the address exactly as above or Sophie may never see your letter. Another English hygienic publication is the *Scottish Health Reform*, Paisley, Scotland. It is sometimes profitable to get the point of view of our English cousins on health matters. Another reform magazine is *The Race Builder*, Oxford, England.

* * *

ENJOY YOUR HEADACHE

Have you ever taken a ramble amid the wildwood when all nature was decked in her summer attire? Do you remember sitting beside the rippling brook under the shade of the trees, listening to the cheerful cooing of the birds, while the gentle breeze bathed your tired brow, bringing on its wings the sweet perfume of myriad wild flowers? What soothing and healing in solitude—going into the silence with nature herself! The country's the place to "enjoy your headache." Reading the current number of *SOUNDVIEW* magazine, that sweet nature interpreter, will have the effect of a saunter through grove and meadow, and will relieve "that tired feeling," as none but words can. Published in the country by wayside, all numbers are brimming over with freshness, but the July issue is a "special." Only 10 cents gets it. If you want a year of it send a dollar, and a cloth-bound copy of "Wildwood Philosophy" will be thrown in as long as they last.

The "Boss Evergreen" guarantees all "Green Goods."

Send that dollar bill to THE EVERGREENS, Olalla, Wash., U. S. A.

THE HYGEIA COOK BOOK; by Mary A. Heard, D.O., 248 Warren street, Roxbury, Mass. Price, 50 cents.

This is a hygienic cook book, and the idea is to produce wholesome and palatable articles of food. The author has shown how cooking can be done without the use of yeast or chemicals, which is a very important matter.

Dr. Heard is an exponent of advanced hygiene, although some authors hold that cooking adds no value to food.

To give some idea of the beliefs held by Dr. Heard the following paragraphs are taken from the introduction:

"A food which is the product of fermentation, such as yeast-raised bread, and which still contains the yeast germs, will continue to ferment and produce carbonic acid gas as soon as it reaches the medium of the stomach. Bread raised by chemicals (soda and cream of tartar) should not be eaten, as it still contains the chemicals, which are injurious to the delicate lining of the digestive tract.

"The foregoing paragraph explains why one should use only air or egg for making bread and cake light.

"Meat and fish are excluded from these recipes because both are already on the way to disintegration; in other words, they are dead, and incapable of feeding mankind. We cannot get life from death.

"In vegetables, grain, eggs, fruits, and nuts we have stored-up life; under proper conditions each will produce life. These are genuine foods, and will build strong bodies for those who eat them. The gladiators of ancient times, noted for their great strength, lived principally on barley bread.

"It is not what we eat, but what we assimilate, which builds up the body.

"The water in which vegetables are cooked contains the salts of the vegetables, they being soluble. These salts are in a form readily assimilated by man, and necessary to his health; therefore never throw away the water in which vegetables are boiled—either boil it away, or use it for soup.

"Inorganic salt cannot be assimilated by the human organism, therefore not being a food it is excluded from these recipes.

"For drinking purposes use either distilled or boiled water; when water is used for cooking, use distilled or boiled water.

"Frozen desserts, such as sherbet and ice cream, are refreshing in warm weather, and will do no harm if eaten in moderation, and slowly, allowing them to melt in the mouth."

* * *

GOOD HEALTH PAMPHLET, by W. T. Lee, Comanche, Texas; a small pamphlet with some observations on health, food, air, deep breathing, etc.; sent to anyone upon receipt of a 2-cent stamp.

* * *

UNIVERSAL MONISTIC ALLIANCE; Thesis for the organization of Monism: an address by Ernest Haeckel of the University of Jena, German; *The Humanitarian Review*, Los Angeles, California; pamphlet, 10 cents.

* * *

SCIENCE IS RELIGION: *The Monistic Religion*; a lecture before the Manhattan Liberal Club of New York by Thaddeus Burr Wakeman; pamphlet, 10 cents; Singleton W. Davis, publisher, Los Angeles, California.

Those who wish to inform themselves concerning the monistic religion, which is advocated by Haeckel and others, will find the principle and beliefs of the same clearly set forth in this pamphlet. The monistic doctrines are essentially the doctrines of materialism.

* * *

JUGGERNAUT; Christian Science Exposed; by W. H. Watson; 243 illustrated; 80 pages; cloth, \$1.00; Investigating Committee Publishers, Davenport, Ia. This book is an attempt to ridicule and belittle Christian Science. It consists mostly of quotations and cartoons designed to throw discredit on the teachings of Mrs. Eddy. A spirit of animosity and bias seems to pervade the book which will militate against its usefulness.

It is better to believe in Christian Science and be an optimist than to imbibe patent medicines and be a pessimist. Some day Christian Science followers will learn of the fundamental laws that underlie all forms of healing and then we will not hear of grotesque theories and explanations that only puzzle.

In the meantime facts are facts, and it is a fact that Christian Science is giving the medical world an uneasy half hour.

THE ORIGIN AND DESTINY OF MAN; by H. S. Markwell, Dana, Ind.; pamphlet, 10 pages; 10 cents.

"CHRISTIAN SCIENCE" contrasted with Christian Faith, and Itself; by William Lefroy, D.D., Dean of Noneret, England.

This book gives the arguments against Christian Science from the view-point of a dean of the Church of England.

Those who are making a thorough study of Christian Science from all points should read this book. Necessarily it deals largely with the scriptural questions and theories involved, and compares Christian Science doctrines with the orthodox ideas. A valuable feature is a large number of quotations from Mrs. Eddy's writings which flatly contradict themselves. For example:

"Evil is an awful unreality."

And—

"Evil is real to all who do not forsake it."

"The devil is an impersonal evil."

And—

"Jesus said of personified evil that he (the devil) was a liar."

The book can be had from the Society for Promoting Christian Knowledge, Northumberland Ave., W. C., London, England.

THOUGHTS FOR THE RICH; by Austin Bierbower, author of "The Virtues and Their Reasons," "On the Training of Lovers," "From Monkey to Man," "How to Succeed," etc. Price, 25 cents. Fowler & Wells Co., New York.

"Thoughts for the Rich" is a modest pamphlet giving some sage advice to those who seek wealth or those who have wealth thrust upon them; and everyone will find many excellent sayings about money and riches. The author says that the problems of wealth are: 1, to get what we want; 2, not to get anything else; and 3, to use what we have.

"ADVANCED THOUGHT ON ELECTRICAL AND SPIRITUAL VOLTAGE," by James Oliver Arnold; paper 25 cents. Advanced Thought Company, Dayton, O.

In this little booklet the author defines, doubtless to his own satisfaction, such terms as spirit, matter, man, God, thought, mind, heaven, hell, love, devil, sin, reincarnation, etc.

It is too bad that a man who can answer all the questions of earth, time, eternity, death and life should remain in obscurity. The book professes to be in the interest of advanced thought, but there can be no advanced thought when one dogmatically asserts that he is the fount of all wisdom, and can answer any question regarding mankind, past, present and future.

If we would learn wisdom we must become as little children, and not assume to know everything in the domain of creation. When anyone tells you he can define God, spirit, matter, life, etc., it is time to have a pressing engagement down the street.

Dr. E. R. Moras, M. D., 1400 Washington Blvd., Chicago, will send a book on natural self-treatment to anyone who applies; the doctor says this book tells you how you can cure different ailments by natural means. Those investigating nature cure may be curious to see what the doctor has to say.

E. E. C.

DIRECTORY OF Advanced Thought, Hygienic and Reform Publications

In this directory, which will be corrected, amended and published from time to time, will appear a brief description of all papers devoted to advanced thought, new thought, metaphysics, practical psychology, psychic research, occultism, astrology, hygiene, dietetic reform, suggestive-therapeutics and allied subjects.

Additional names of publications will be added as soon as received; editors and friends are requested to send copies of publications devoted to advanced thought and reform; religious, spiritualistic, political, business or purely literary publications or publications on general lines will not be listed. It is desired to make this directory complete and accurate, and the co-operation of all friends of advanced thought is asked for this purpose. There is no charge for this service.

The subscription price of foreign magazines given includes postage; foreign postage on American publications is one-half the subscription price.

Next month it is hoped that this list will be far more complete.

Doubtless there are many journals that should be listed in the directory that have never been called to my notice. Every week I hear of some new freak journal or some crank publication or advanced thought publication that should have a representation in the following list. If any reader knows of such a publication, kindly let us know. We want the assortment to be as complete as possible. Do you know of any advanced thought publication not represented? If so, kindly inform us.—E. E. C.

THE OCCIDENT, devoted "to the study of soul growth through self-development effected by the intelligent application of the higher laws." Monthly; 4 large pages; 50 cents a year; *Miss L. Frances Estes*, Editor; 124 Highland street, Brockton, Mass.

THE BUSINESS PHILOSOPHER; devoted "to the principles determining the evolution of success," showing how thought force may be used in business matters; a psychological publication for business men and women; monthly; \$1.00 per year; The Science Press, Republic Building, Chicago.

THE SCOTTISH HEALTH REFORMER AND ADVOCATE OF RATIONAL LIVING; devoted to nature cure, vegetarianism and reform in all matters relating to health, diet and hygiene; monthly; six shillings per year, postpaid; Paisley, Scotland.

THE NEW CRUSADE; the reformation of dress is one of the most important objects of *The New Crusade*, which is an endeavor to find a cure for the degrading materialism of the present day in a return to that simplicity of life and thought which is characteristic of all primal and national vigor; — pp.; — per year; 8 Queens Road, Bayswater, West Central, London, England.

PRIMITIVE OCCULT JOURNAL, devoted "to the wonderful possibilities of the Human Family and the Godly powers within all"; monthly; 20 pp.; \$1.00 per year; Editor, *Dr. A. B. Hamel*, Helena, Montana.

THE OCCULT REVIEW, a monthly magazine devoted to the investigation of supernormal phenomena and the study of psychological problems; — pp.; — per year; Editor, *Ralph Shirley*, 164 Aldersgate street, London, E. C.

THE MAZDAZMAN, "a magazine of modern thought for Mental and Physical improvement; monthly; \$1.00 per year; Otoman Zar-Adusht-Hanish, Chicago, Ill.

INSPIRATION, a magazine of information, inspiration and exhortation; monthly; 30 pp.; 50 cents per year; Editor, *B. F. Williams*, Des Moines, Ia.

THE ADEPT; devoted to astrology, evolution, monism; monthly; 16 pp.; 50 cents per year; *Frederick White*, editor, Markville, Minn.

THE OPEN ROAD, a magazine for those who believe in out-door life; 32 pp.; 50 cents per year; *Charles Wisner Barrell*, editor, 137 Grant Ave., Jersey City, N. J.

THE TREND; a journal of fearless originality; monthly; 12 pp.; \$1.00 per year; *Ned Thatcher*, editor; Anderson, Indiana.

THE LIFE; devoted to Christian Metaphysics; monthly; 48 pp.; \$1.00 per year; *C. J. Barton*, editor; Kansas City, Mo.

VACCINATION; issued monthly for the Anti-Vaccination Society of America; 50 cents per year; *Frank D. Blue*, editor; Kokomo, Indiana.

THE MYSTIC MAGAZINE, published monthly by the Mystic Publishing Company at Framingham, Mass., under the direction of the Eternal and Universal Brotherhood of Mystics; price 10 cents per year; edited by *Ananda*.

THE AMERICAN JOURNAL OF PROGRESSIVE THERAPEUTICS (formerly *The American X-Ray Journal*); this journal has departments for electrical science, X-Ray photography, Electro-therapy, radio-therapy, thermo-therapy, hydro-therapy, mechano-therapy, and psycho-therapy (suggestion).

SUGGESTION, a monthly magazine of the New Psychology for thinkers devoted to Psychic Research, Auto-Suggestion, drugless healing, personal magnetism, advanced thought, health, happiness and success; \$1.00 per year; foreign, 6 shillings; *Herbert A. Parkyn, M.D.*, editor, 4020 Drexel Boulevard, Chicago.

EXPRESSION; a Journal of Mind and Thought; monthly; \$1.58 per year; edited by *Alma Gillen*; 147 High St., Kensington, W., England.

THOUGHTS NEW AND OLD; quarterly; devoted to science and philosophy of life; the law of financial success and modern methods of mental medicine, etc.; 25 cents per year; edited by *Edward H. Cowles, Ph.D.*, Santa Cruz, Calif.

THE NEW THOUGHT JOURNAL AND OCCULT REVIEW; a magazine devoted to practical idealism and the study of nature's finer forces; monthly; 16 pages; \$1.00 per year; edited by *Geo. H. Bratley, F.T.S.* Published by the Talisman Publishing Co., 52b, Station Parade, Harrogate, Yorks, England.

THE HEALTHY HOME; a journal of common sense medicine, Athol, Mass.; monthly; 50 cents per year; *W. H. Brock & Co.*, Publishers, Athol, Mass.

BEAUTY AND HEALTH; a monthly magazine for women, devoted to physical culture, health and dress reform, natural foods and sociological questions, etc.; edited by *Bernarr Macfadden*; 50 cents per year; Spotswood P. O., N. J.

A STUFFED CLUB; a monthly magazine advocating freedom from medical and ecclesiastical rules; devoted to reform in diet and therapeutic methods; advocates a drugless system of cure, based on proper diet. *Dr. H. J. Tilden*, editor; \$1.00 per year; Denver, Colo.

THE PHILISTINE; a periodical of protest and progress; an exponent of reform in thought, religion, education and the ideals of life; for those who are not afraid; edited by *Elbert Hubbard*. Price \$1.00 per year, and worth it; East Aurora, N. Y.

THE CHIROPRACTOR; a monthly journal devoted to the interests of Chiropractic. Published by The Palmer School of Chiropractic, Davenport, Iowa, U.S.A. *Dr. D. D. Palmer*, discoverer and developer of Chiropractic, Editor. Subscription, 50 cents a year. (See page "ad" in magazine section.)

JOURNAL OF THE OUTDOOR LIFE; monthly; journal whose aim is to be helpful to all persons leading an outdoor life for their health, but particularly to be of assistance to the vast army of persons who are suffering from pulmonary tuberculosis, which is preventable and curable—curable not by patent medicines, but only by plenty of fresh air, rest at first, and an abundance of nourishing food; \$1.00 per year; Saranac Lake, N. Y.

GOOD HEALTH CLINIC; monthly; advocates rational hygiene; is opposed to drug medication; official organ of the International Health League; *E. Elmer Keeler, M.D.*, Editor; 50 cents per year; Syracuse, N. Y.

THE NEW WAX; a New Thought magazine devoted to the unfolding of the higher life; "it is the purpose of this magazine to give its readers the best expressions of the broadest and most instructive messages of truth upon vital, definite and special theories"; monthly; \$1.00 per year; 1107 E street, Northwest, Washington, D. C.

THE HARBINGER OF LIGHT; monthly; devoted to zoistic science, free-thought, spiritualism and the harmonial philosophy; \$1.50 per year; Melbourne, Australia.

THE VEGETARIAN MAGAZINE; monthly; an illustrated magazine of better living—an authority on foods, their selection and preparation—discountenances the use of flesh, fish, and fowl for food—upholds the right of life for the whole sentient world—advocates justice, humanitarianism, purity, hygiene, temperance, stands for a stronger body, a healthier mentality, a higher morality. Uriel Buchanan, Ph.D., editor; \$1.00 the year; The Vegetarian Co., Chicago.

THE WISE MAN, "a periodical dealing in a sound, thorough, not too profound way with the various subjects of Occult Science that are recognized as of practical value to mankind; monthly; 32 pp.; \$1.00 per year; Editor, *Leander Edmund Whipple*, 500 Fifth Avenue, New York.

THE VEGETARIAN, devoted to vegetarianism and dietetic reform; monthly; organ of the English Vegetarian Federal Union; — pp.: 75 cents per year; 34 Memorial Hall, Tarrington street, East Central, London, England.

HISTORIC MAGAZINE AND NOTES AND QUERIES; devoted to history, folklore, mathematics, literature, science, art, arcane societies, etc., monthly; \$1.00 per year; *S. C. Gould*, Editor, Manchester, N. H.

THE NEW THOUGHT JOURNAL and **Occult Review**, devoted to practical idealism and the study of nature's finer forces; monthly; 16 pp.; \$1.00 per year; *Geo. H. Bratley*, Editor, Talisman Publishing Co., 52b, Station Parade, Harrogate, Yorks, England.

HEALTH; devoted to physical culture and hygiene; monthly; \$1.00 per year; *Chas. M. Tyrell, M.D.*, Editor, 321 Fifth Avenue, New York.

VIM; a magazine devoted to mental and physical improvement; monthly; 34 pp.; 50 cents per year; *Edgar C. Beall, M.D.*, Editor, 500 Fifth Avenue, New York.

PHYSICAL CULTURE; devoted "to subjects appertaining to health, strength, vitality, muscular development and the general care of the body, and also to all live and current matters of general interest, enlivenment, entertainment and amusement"; monthly; 94 pp.; \$1.00 per year; *Bernarr Macfadden*, Editor, 29 East 19th street, New York City, N. Y.

HEALTH CULTURE; a journal of practical hygiene; monthly; 48 pp.; \$1.00 per year; *W. R. C. Latson, M.D.*, Editor. The Health Culture Co., 151 West 23d street, New York City, N. Y.

NAUTILUS; a New Thought magazine of optimism and success for people who are alive; monthly; 32 pp.; 50 cents per year; Editor, *Elizabeth Towne*, Department 17, Holyoke, Mass.

THE NEW THOUGHT MAGAZINE; an exponent of the practical feature of the New Thought as applied in every-day life; monthly; \$1.00 per year; *William Walker Atkinson*, Editor, Caxton Building, Chicago.

ELTKA; a magazine of 20th Century Psychology practically applied to the to the art of living; monthly; 50 cents per year; edited by *H. C. Wright*; The Wright Publishing Co., Corry, Pa.

THE NATUROPATH AND HERALD OF HEALTH; devoted to natural healing and living methods, on the basis of self-reform and popular hygiene, hydrotherapy (priessnitz, kneipp and just systems), osteopathy, heliotherapy (sun, light and air cure), diet physical and mental culture, to the exclusion of drugs and non-accidental surgery; monthly; 48 pp.; \$1.00 per year; *Benedict Lust*, Editor, 124 East 59th street, New York.

HEALTH WITHOUT DRUGS; a journal of dietetic reform; devoted to the teaching of the properties of foods in daily use rightly combined and proportioned, by means of which the prevention and cure of disease; opposed to vegetarianism; 5 cents per copy; Miss *Sophie Leppel*, editor, 26 Clovelly Mansions, Gray's Inn Road, London, England.

THE ENGLISH MAGAZINE OF MYSTERIES; monthly; \$1.00 per year; Apocalyptic Pub. Co., 15 Tothill St., London, S. W., England.

PSYCHO-THERAPEUTIC JOURNAL; monthly; devoted to the rational consideration of hypnotism, suggestion, mental science, will power, human radiations, drugless healing, and the treatment of disease by psychic and mental processes with due regard to diet, hygiene, and the observance of natural laws of health; \$1.00 per year; edited by *Arthur Hallam*, 3 Bayley St., Bedford Square, London, W. C., England.

THEOSOPHICAL QUARTERLY; published by the Theosophical Society of America, 159 Warren St., Brooklyn, N. Y.

THE THEOSOPHICAL FORUM, Flushing, N. Y.; \$1.00 per year.

THE OCCIDENTAL MYSTIC, a monthly periodical of advanced thought; devoted to occultism, spiritualism, osteopathy, palmistry, suggestion and new thought; \$1.00 per year; *Arthur S. Howe*, 6 Cottage Row, San Francisco.

Now; the world's new thought journal; a journal of affirmation; devoted to soul culture, art of living, psychometry, inspiration, spiritual healing, mental science and suggestion; its basic affirmation is: Man is spirit here and now, with all the possibilities of divinity within him and he can conscientiously manifest these possibilities HERE and NOW; *Henry Harrison Brown*, editor; \$1.00 per year; 150 Steiner St., San Francisco, Calif.

INGERSOLL MEMORIAL BEACON; monthly; a non-partizan monthly devoted to Science, Free Thought, Rational Right-Doing, and to Good Government of, for and by the People. 50 cents per year; Motto: Let everybody be reasonable. *Ingersoll Beacon Co.*, Chicago.

THE METAPHYSICAL MAGAZINE; quarterly; devoted to science, psychology, philosophy, metaphysics and occult subjects; \$1.00 per year; *Leander Edmund Whipple*, Editor, 500 Fifth Ave., N. Y.

TOMORROW: a monthly handbook of the changing order for progressive people; advocates social, industrial and economic reform through co-operative societies; \$1.00 per year. *Parker H. Sercombe*, Editor, 2238 Calumet Ave., Chicago, Ill.

LUCIFER; a semi-monthly reform magazine of advanced thought; devoted to the emancipation of women; opposes the enslavement of womanhood and motherhood; \$1.00 per year; edited by *Moses Harmon*, 500 Fulton street, Chicago, Ill.

HUMAN CULTURE; discusses phrenology, character reading, laws of conjugal selections, heredity, child culture, and vitality; devoted to human nature, human science, human culture, health, progress, success, and happiness; *Mrs. Emily H. Vaught*, Editor and publisher; monthly; \$1.00 per year; 130 Dearborn street, Chicago.

HUMAN NATURE: a monthly journal devoted to the practical application of phrenological principles to the everyday affairs of life; 50 cents per year. *Professor Allen Haddock*, Editor, 1025 Market street, San Francisco, Calif.

THE ORACLE: exponent of West Gate Philosophy; 50 cents per year; 8 pp.; monthly; *Charles H. Mackay*, Editor; Brighton, Me.

MEDICAL TALK FOR THE HOME; monthly; advocates common sense methods of cure, friendly to all forms of natural and drugless healing, although advocating the use of drugs and proprietary medicines to some extent; opposes medical laws, vaccination, serums, etc. *Dr. C. S. Carr*, Editor; Miss Evelyn Pickens, Ass. Ed., 100 pp.; \$1.00 per year; Columbus, O.

THE ARYA; A monthly magazine and review devoted to Aryan Religion, Science, Philosophy, Literature, and Current Topics; 7 shillings per year; The Arya Press, 296 Tambu Chetti St., Madras, India.

THE BALANCE: monthly; 32 pp.; for thinkers and students of advanced thought, and occult sciences; 1700 Wilton St., Denver, Colo.

SOUNDVIEW; devoted to the obstetrics of thought and the philosophy of existence; *Will E. Rader*, Editor; \$1.00 per year; published by the Society of Evergreens, Olalla, Wash.

HERBERT'S MAGAZINE; edited by *Ewing Herbert*; printed for those who live now; fifty cents per year; Hiawatha, Kansas.

FELLOWSHIP; 434 South Hill street, Los Angeles, Calif. The organ of The Los Angeles Fellowship, an association for the encouragement of trustful and unselfish living, of which Benjamin Fay Mills and Mary Russell Mills are the ministers. Fifty cents a year. Single copies, 10 cents.

MIND; a quarterly review of theoretical psychology and philosophy; 12 shillings yearly; edited by *G. F. Stout*, 14 Henrietta St., Covent Garden, London, England.

THE MONIST: a quarterly devoted to the Philosophy of Science; editor. *Dr. Paul Carus*; 160 pages; \$2.00 per year; *Open Court Publishing Co.*, 1322 Wabash Ave., Chicago.

THEOSOPHICAL REVIEW; founded by H. P. Blavatsky in 1887; devoted to Theosophy and allied subjects; edited by *Annie Besant* and *G. R. S. Mead*; Chicago, 26 Van Buren St., London, 161 New Bond St., W.

THE THEOSOPHIST: a magazine of oriental philosophy, art, literature, and occultism; conducted by H. S. Olcott; \$5.00 per year; Adyr P. O., Madras, India.

THOUGHT, a monthly advocate of psycho-therapy; \$1.00 per year; edited by *Dr. Sheldon Leavitt*; published by the Magnum Bonum Co., 4665 Lake Ave., Chicago.



Business Talks

BY THE MANAGER



About Addressing the Envelope

Please do not have checks or money orders made out to me personally. Send all remittances to "SUGGESTION PUBLISHING CO.," and address all business letters, etc., to "SUGGESTION PUBLISHING CO."

Business letters should always be addressed to the company or firm; never to individuals. Sometimes a person is away for a week or a month, and orders may be delayed. Please remember to address all communications to SUGGESTION PUBLISHING CO., 4020 Drexel Boulevard, Chicago.—Manager.

* * *

As to Sanatoriums

There are Sanitariums and Sanatoriums, a great many of the former but a comparatively few of the latter.

The Invalids' Home Sanatorium, whose advertisement appears for the first time this month, for many years past has taught the value of suggestion as a means of cure, although it has never used suggestion as a single means of cure.

The system of cure used in this Sanatorium is Hygeo-Therapy. If you want to know what Hygeo-Therapy is, write to the Sanatorium at Kokomo, Ind., and particulars will be furnished.

* * *

Advance Thought Literature

Mrs. Anna C. Waterloo, of the Liberal Book Concern, 87 Washington street, Chicago, makes a specialty of providing advanced thought, new thought, metaphysical, psychological, occult, and astrological literature. If you want anything on those lines, in print or out of print, write to Mrs. Waterloo. If she hasn't it in stock, she can get it.

The man who cannot spare time for out-door recreation usually holds the averages good by taking time to be sick.—Exchange.

Macerated Wheat

Down in Kansas City, Mo., is the home of macerated wheat, which was invented by Professor Byron Tyler, who has offices in the New York Life Building of that city.

Professor Tyler writes to me that he is positive that yellow fever could be wiped out of New Orleans if the people would adopt a modified diet and use distilled water. I told him that I was sure his ideas, while excellent, would never be adopted because they were too simple. It is the simplest thing in the world to obtain health, and the very simplicity is a stumbling block for most people. Mankind is looking for some wonderful cure-all or preventive, or something which will do the work he should do himself.

Professor Tyler's idea is that raw wheat is the natural food of man, and he argues that the Roman soldiers conquered the world upon this food, and that consequently it is a suitable food for all purpose. He makes a preparation of raw wheat known as "macerated wheat," and the sale of this article now extends to every section of the Union.

If any reader of this notice wishes to find out more about macerated wheat I would suggest that he drop a line to Professor Tyler and ask him for additional information, which he will cheerfully give. Professor Tyler is well known as an expert on natural foods, and he is one of the best known "food cranks" in the United States.

ELMER ELLSWORTH CAREY.

* * *

About a Razor Strop

The Radiumite Razor Strop advertised in this issue will do all that is claimed for it. Don't use a broom handle or a piece of leather belting; get an up-to-date strop and give your face a treat. Women should be thankful six times a day that they do not have to shave. There are three things that try the soul of man—yes, four things; one is a dull razor.

* * *

Every Sufferer From Spinal Curvature

Every sufferer from spinal curvature who wants to be cured to stay cured should write today to the Philo Burt Mfg. Co., 247 11th street, Jamestown, N. Y., for their new natural method for curing this terrible deformity. The information is free for the asking.

This, That and the Other

AT THE PARSONAGE

Coffee Runs Riot No Longer

“WIFE and I had a serious time of it while we were coffee drinkers.

“She had gastritis, headaches, belching and would have periods of sickness, while I secured a daily headache that became chronic.

“We naturally sought relief by drugs and without avail, for it is now plain enough that no drug will cure the diseases another drug, coffee, sets up; particularly so long as the drug which causes the trouble is continued.

“Finally we thought we would try leaving off coffee and using Postum. I noticed that my headaches disappeared like magic and my old ‘trembly’ nervousness left. One day wife said, ‘Do you know my gastritis has gone?’

“One can hardly realize what Postum has done for us.

“Then we began to talk to others. Wife’s father and mother were both coffee drinkers and sufferers. Their headaches left entirely a short time after they changed the old coffee for Postum. I began to enquire among my parishioners and found to my astonishment that numbers of them use Postum in place of coffee. Many of the ministers who have visited our parsonage have become enthusiastic champions of Postum.” Name given by Postum Co., Battle Creek, Mich.

“There’s a reason.”

Read the little book, “The Road to Wellville” in each pkg.

All yearly subscriptions for SUGGESTION received this month will run to January 1, 1907, if you mention this offer. A copy of the new book on Auto-Suggestion will be sent to each subscriber if the request accompanies the subscription.

Montaigne's Advice and the Nautilus

MONTAIGNE lived four hundred years ago and wrote for the elect few who could appreciate great thoughts.

Among those who read his essays diligently were Lord Bacon and Shakespeare. To these elect he once wrote thus: . .

"Let us not, therefore, read for amusement, as the children do; neither for information, as those who are avaricious for facts alone. No, let us read to live! And by so doing make ourselves an atmosphere of all great thoughts, a companionship of all the noblest minds."

Little did Montaigne suspect that in the twentieth century, magazines would be published for hundreds of thousands of people who "read to live"!

One need not deny his sense of humor, nor his craving for information, in order to "read to live"—as one had to in the days of Montaigne! It remained for the twentieth century minds to realize the desirability of "becoming as a little child" in order to gratify and express the whole being.

The "Nautilus" is the magazine that helps you to live, and keep on growing happily "in wisdom and in knowledge."

Elizabeth Towne edits the "Nautilus," assisted by William E. Towne.

Ella Wheeler Wilcox, America's most noted poet and prose writer, is a regular contributor to the "Nautilus." Every number contains a beautiful new poem from her, written expressly for those who "read to live." Her contributions will continue at least until the close of 1906.

Floyd B. Wilson, author of "Paths to Power" and "Man Limitless," is another of the "noblest minds" who are helping to make "Nautilus" the magazine for every home. His articles, which will continue into next year, are attracting wide attention and interest.

And Eleanor Kirk, the breezy, common-sense apostle of good feeling, is another "Nautilus" regular contributor whose articles are eagerly read.

Then there are special departments which are highly appreciated. "The Family Counsel," conducted by Elizabeth Towne herself, is a boon to many a perplexed correspondent. "Nautilus News" is unique—must be read instead of described. And there are new departments in process of organization, new contributors being engaged, new pages to be added.

Ella Adelia Fletcher, the famous author of "The Woman Beautiful," is now engaged in completing for "Nautilus" a most interesting and vitally important series of articles on the subject of breath, which will begin in the December number. Miss Fletcher is a student of deepest occultism who believes in spreading the truth, instead of "guarding" it. In these articles she will give not only the knowledge of ages of East Indian adeptship, but the results of her own independent research and experiment. To the student of truth this series of articles will prove invaluable.

And in the November and December numbers of "The Nautilus" will appear two articles by Charlotte Martindell, upon the vital subject of child development; articles no parent can afford to miss; and which every fond relative of the little ones should read before doing Christmas shopping.

With all these good thoughts of "noblest minds" you would naturally suppose the subscription price to the "Nautilus" to be at least \$1.00 a year; perhaps it will be soon; but at present the subscription price is only 50 cents a year. And if you send in your subscription now, writing direct to the publisher and mentioning this offer, you can have the "Nautilus" from October to the end of 1906 for the price of one year—15 numbers for 50 cents. Do it now! And be sure to address your order to Elizabeth Towne, Dept. 17, Holyoke, Mass.

A Call for Teachers

THERE is a large field for healers and teachers in small towns. After a little study of "Healing Currents from the Battery of Life," by Walter De Voe, students start groups for study and realization of the healing power.

So helpful is this book that as many as 21 copies have been sold to a group formed to hear it read. Manifestations of healing are common where students unite to study and practice the instruction given in this wonderful book. Many are willing to pay for instruction in healing truth, but there is need of energetic persons to get them together.

Those who can successfully form groups in their own town among their friends will find enjoyable and profitable work doing the same in other towns.

Order a copy now and spread the glad tidings. Price, \$2.00. Special terms to those who can sell a number of copies through personal efforts or letters. Address, College of Freedom, Woodlawn, B., Chicago, Ill.

THE COMMON SENSE CLUB, of San Diego, Cal., is a group of thinkers who have collected a quantity of helpful ideas on subjects essential to human happiness, and are "passing them around" according to the motto of the club. They are admiring friends and readers of *SUGGESTION*, and have a new advertisement in this issue.

GET POWER

The Supply Comes From Food

IF we get power from food, why not strive to get all the power we can. That is only possible by use of skillfully selected food that exactly fits the requirements of the body.

Poor fuel makes a poor fire and a poor fire is not a good steam producer.

"From not knowing how to select the right food to fit my needs, I suffered grievously for a long time from stomach troubles," writes a lady from a little town in Missouri.

"It seemed as if I would never be able to find out the sort of food that was best for me. Hardly anything that I could eat would stay on my stomach. Every attempt gave me heart-burn and filled my stomach with gas. I got thinner and thinner until I literally became a living skeleton and in time was compelled to keep to my bed.

"A few months ago I was persuaded to try Grape-Nuts food, and it had such good effect from the very beginning that I have kept up its use ever since. I was surprised at the ease with which I digested it. It proved to be just what I needed. All my unpleasant symptoms, the heart-burn, the inflated feeling which gave me so much pain disappeared. My weight gradually increased from 98 to 116 lbs., my figure rounded out, my strength came back, and I am now able to do my housework and enjoy it. The Grape-Nuts food did it." Name given by Postum Co., Battle Creek, Mich.

A ten days' trial will show anyone some facts about food. There's a reason."

Suggestion Free to January 1, 1906

New yearly subscriptions received this month will run to January 1, 1907; this makes the subscriptions commence with the January, 1906, issue as new subscription. You will receive SUGGESTION without charge to January, 1906. Mention this offer.

The usual premium privileges go with this offer.

The new book on Auto-Suggestion is given with all new yearly subscriptions.

Business is A-thinking

TO couple the idea of "philosophy" with that of "business" would have seemed a few years ago to be a gross anachronism—as idle in its way as an attempt to mix oil and water. But the world grows apace, and here we find today among our current exchanges a brisk little Chicago magazine under the name of "Business Philosopher." We have even culled an article from its latest issue, which we fancy must prove of interest to the readers of SUGGESTION.

But the way it all happens really makes it an episode of advanced thought or "New Thought." We know that every art and calling worthy of the name has a basic stratum of science, more or less mature, more or less orderly and complete. That knowledge must guide action is a truth recognized in our time as it never was before in the world's history. Whatever is worth doing well has its own science. We have a science of baseball, of chess, of golf, and even of pugilism. Meanwhile the world's greatest art, the most far-reaching of its activities, which we call business, has scrambled along for ages apparently without the help of any science at all. Of course the facts and principles that underlie business really constitute a science in themselves, but then nobody had given to it either name or form, and so it had no place in educational life.

Almost like a flash the change has come, and largely through the initiative of one man, the founder of the well-known Sheldon School of Chicago. The world is now crying out that business is a great science, and its votaries must all begin with scientific training. The reform is a theme of discussion in our great universities and by our noted publicists. To dig into the field more deeply, to unearth new facts, principles and analogies is the work laid out for itself by the Business Philosopher. It seeks to go down to the root of things, as all philosophy should, and show the why and wherefore of success or failure in the trading and industrial world. Its editor, Mr. A. F. Sheldon, holds fast to the principle that there is no luck or chance in business vicissitudes, but that every effect has its course as surely as in the domain of physics, chemistry or engineering. Hence, the Business Philosopher has a special field and plenty of work before it, for surely there is no form of human effort that presents such varied phenomena as that of trade. The articles in this little magazine have all the

interest that such variety suggests, and as they are contributed by men who are authorities on these subjects, they have a certain note of authenticity that should make them constantly helpful. The philosophy of business is a mine as precious as it would seem to be exhaustless.

If you are interested in the use of psychology in business, just send a postal requesting a sample copy of the *Business Philosopher* to the Science Press, the Republic Building, Chicago, and I am sure your request will be granted. The subscription price is \$1 a year.

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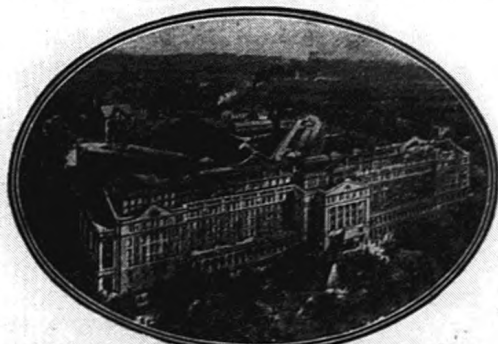
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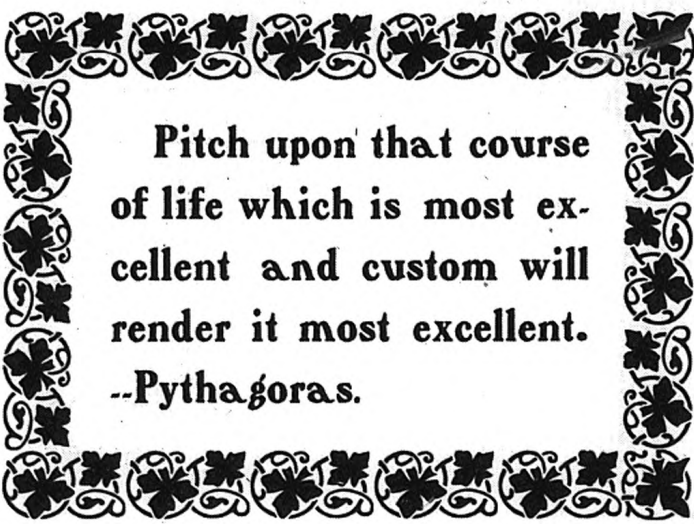
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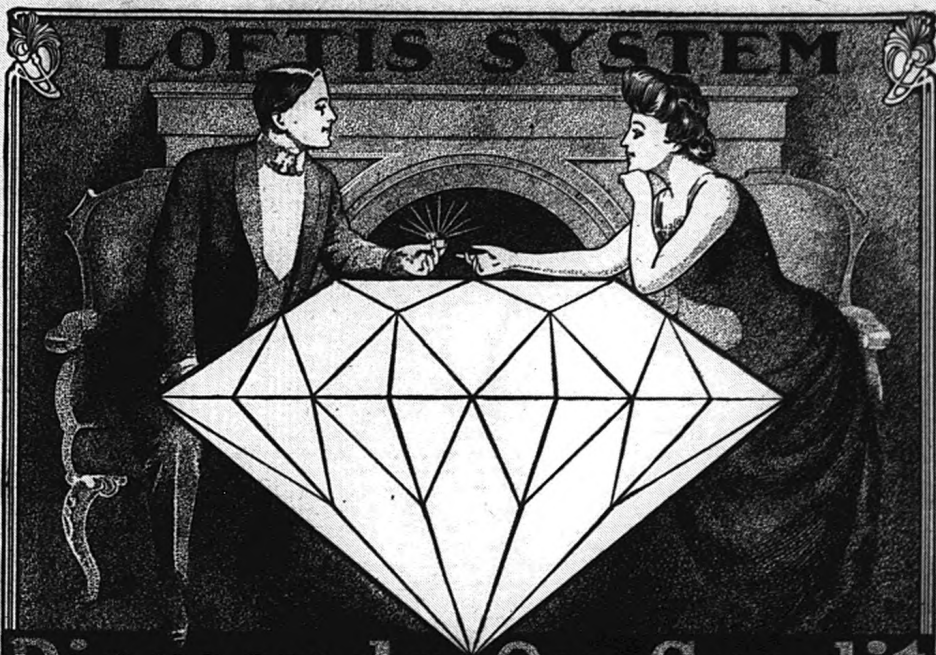
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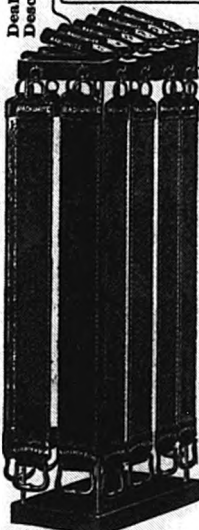
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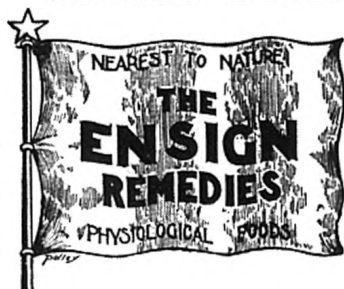


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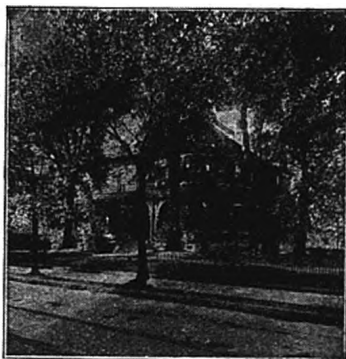
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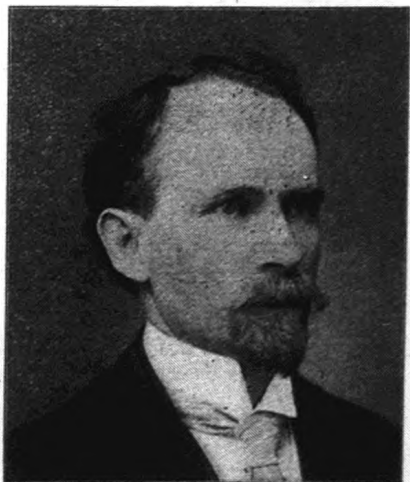
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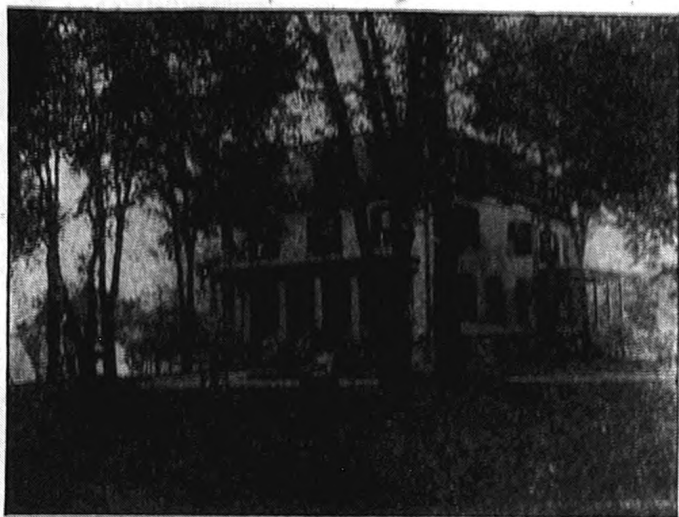
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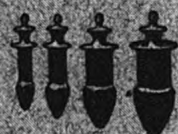
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